



Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine

How I Can Heal Your Pain Without Touching You

I've told you in the past about the incredible healing power of frequencies. And I've shown you how color, which is a frequency, can heal in miraculous ways. Now there's a way to treat pain (and many other conditions) with laser light pulsing at specific frequencies.

Valerie Hudson is a cheerful woman of 65. She has suffered through 16 years of unabated facial pain and headaches.

She was sure it was coming out of her upper left eye tooth, but no dentist would listen. All the exams and X-rays were negative. There was little doubt that she had a subclinical infection. Every time she was given antibiotics, her headache cleared. And she would have a green sinus discharge at times — a sign of infection. And applied kinesiology (muscle testing) strongly suggested the tooth was problematic. I suggested neural therapy. She took my advice and got an injection of procaine (a local anesthetic) and oxygen/ozone gas into the local area of the tooth root. Her pain cleared! However, it came back three days later with somewhat less intensity.

Since 1990, I've used a red laser for healing, but the device wasn't user friendly. Terri and I had just finished a course on low-level laser therapy (LLLT) and a breakthrough instrument just before Valerie's return visit. Sitting in my chair, listening to her, I asked if she would mind if I played Dr. McCoy (the doctor from Star Trek). She laughed and readily agreed.

I pulled out the portable device, which isn't much bigger than my hand, and sat

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5 Natural "Magic Bullets" for Diabetes

I've written a lot in the past about how you can successfully treat diabetes by avoiding refined carbohydrates and eating less fat. Diet is definitely the best way to permanently reverse diabetes. Unfortunately, there are times when diet isn't enough.

When diet doesn't bring your blood sugar down low enough, most doctors will put you on drugs. These drugs all have side effects, they don't fix the problem, and they're expensive. But you can avoid drugs with these five natural "magic bullets" I've discovered that can work miracles in many cases.

They work so well, in fact, that they have become an important part of my treatment program for everyone with diabetes. Along with diet changes, they can bring blood sugar under control much quicker than with diet changes alone.

The Ordinary Houseplant Cure

The first natural "magic bullet" for type-2 diabetes that works better than drugs comes from an ordinary houseplant. And it's quite possible you already have this plant growing in your living room.

Just ask Tom about the amazing abilities of this plant. He came to see me five years ago with a blood sugar level of 400. I like to see blood sugar levels under 90, so you can see how bad off Tom was. His endocrinologist told him he would be on drugs for the rest of his life. But I knew better.

However, two things were odd about Tom's case. First, he's slender. Type-2 diabetes is unusual in slender people. And, second, he wasn't eating foods that normally produce diabetes. So I couldn't change much about his diet.

That meant I had to look elsewhere.

Miracles of Medicine... *continued*

down about three feet from her. I set the laser for the bone frequency (teeth are bone), and beamed the four laser lights at the area of her infected tooth root. We just sat talking while the red light bathed and penetrated her skin. At five milliwatts, you don't feel anything — not even heat.

A minute later, Valerie's color, tone, and voice suddenly changed. "It's gone! The pain is gone and you didn't even touch me!" We were both astounded.

But it doesn't stop there. Valerie returned several days later, still without facial and head pain. She told me that last summer she broke her left arm just below the ball at the shoulder joint. Even with the fracture healed, she was left with chronic pain, immobility, and basically a useless arm. Moving it or loading the joint with any force was excruciating.

Once again, I beamed her with the bone frequency. She regained considerable motion right on the spot. In fact, she was able to push herself out of her chair on her own power.

I'm currently testing the device for various *other conditions* and will soon bring you a full report on LLLT and this highly advanced and easy-to-use instrument. The great news about this device is that you can use it in your own home. So if you or your doctor are looking for ways to heal your pain or speed your wound healing, you might want to check out www.lazrpulsr.com or call 303-696-6532.

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I had just read of an Indian study on 5,000 patients. Interestingly, the study wasn't done on diabetes, but on angina. The researchers were looking for a way to reduce angina pain, but they found much more.

At the end of five years, here's what happened:

- The patients had a significant reduction in their need for drugs, while their angina attacks likewise significantly decreased.
- Total cholesterol and triglycerides fell, while HDL cholesterol increased.
- And, surprisingly, there was a marked reduction in their fasting blood sugar levels — and even in their blood sugar after eating.
- Diabetics benefited most, without the addition of any diabetic drugs, and there were no side effects.

These are absolutely stunning results. So what was it that the participants were taking?

They were given what has since become one of my favorite treatments for adult diabetes — aloe vera. That's right! The same plant that does wonders for burn pain also treats angina, lowers cholesterol and triglycerides, raises HDL cholesterol, and significantly reduces blood sugar levels.

But this wasn't the only study confirming aloe's use in diabetes treatment. One study on 40 patients saw aloe drop fasting blood sugar levels from 250 to 142 after just 42 days. The dose they used was one tablespoon of aloe gel per day. The placebo group saw their blood sugar increase from 251 to 257.

Since all this was fresh in my mind, I decided to give it a try on Tom. I suggested a daily dose containing 1,200 mg of MPS (mucopolysaccharides). MPS is a key ingredient in standardized aloe products (look for it in product descriptions).

In four weeks, his blood sugar was normal and has remained so for the last five years. Needless to say, his endocrinologist was speechless and lost lots of expected office visits. Aloe is now a staple of my diabetes protocol. And it can be part of yours, too.

My favorites are Aloe Immune (available from Longevity Plus — 800-580-7587 or www.longevityplus.com), Aloe Master (comes in concentrated liquid or capsules — 800-934-2563 or www.aloemaster.com), and Dr. David Wheeler's MPS Gold (800-760-3530 or www.0disease.com). You can find these products in many health food stores.

Add Some Spice

The second natural “magic bullet” is cinnamon, which is one of the most researched herbs in diabetes treatment. Many companies are trying to process cinnamon into a drug they can patent. But you don’t need to wait for a drug. The cinnamon you buy at your grocery story has everything you need.

Researchers proved this in a randomized trial with 60 type-2 diabetes patients. They divided the participants into four groups. Then they gave each group one, three, or six grams of cinnamon four times daily. And the fourth group received a placebo. All of the cinnamon groups experienced a dramatic fall in fasting blood glucose levels. Their blood glucose levels fell from 205-234 to 157-169. The placebo group didn’t see any change.

Moreover, total cholesterol, triglycerides, and LDL (bad) cholesterol also dropped in the cinnamon groups. Dr. Shane McWhorter, a certified diabetes educator at University of Utah, says the data are so good that she recommends patients use one-half to one teaspoon of cinnamon per day on cereal or other foods. I agree. Feel free to eat as much cinnamon as you like.

The Sugar Destroyer

Next is *Gymnema sylvestre*. *Gymnema* is an herb from India. Its name means “sugar destroyer” and that’s exactly what it does. Regular blood tests show this herb can work wonders with glucose levels.

If you’re diabetic, you know that a test called hemoglobin A1c is a measure of your average blood sugar level over several weeks. Lower levels indicate better blood sugar control. High levels mean long-term damage to your body.

A recent study showed the herb works well even in type-1 diabetes (juvenile diabetes). In the study, researchers gave 400 mg per day of the herb to each participant. They saw the participants’ hemoglobin A1c decrease from 12.8% to 8.2% in 26-30 months. (That’s unheard of! According to most doctors, the only treatment that works for type-1 diabetes is insulin.) In type-2 diabetics, it dropped from 11.9% to 8.5% at 20 months.

This study also found that the *Gymnema* extract reduced insulin requirements by about 50%. Each of the 27 type-1 patients in the study was able to reduce their insulin dose by an average of 15 units. Five of 22 type-2 diabetics were able to discontinue their oral drugs.

HEALTH NOTES

The Common Mineral That Lowers High Blood Pressure

Interested in a safe, effective, and very cheap way to lower your blood pressure? Don’t want to visit your doctor just for blood pressure? You only have to look as far as the common mineral potassium.

Potassium is the most abundant mineral inside your cells. Sodium is the most abundant in the fluids outside your cells (like your blood). A recent study took 104 subjects age 53 and divided them into two groups. One received 30 mmol/day of potassium aspartate. The second group received nothing. The results were absolutely fantastic!

The treated group dropped its average blood pressure from 154.4/95 to 142.2/87.2. The 24-hour average blood pressure dropped from 142.7/90.8 to 134.8/84.6. Serum and urinary potassium significantly increased in the potassium group after four weeks of treatment. The untreated group had no such improvements. More potassium excretion means there’s more in your body.

Hypertension is epidemic. Unfortunately, Big Pharma would have you believe it’s a deficiency of petrochemical pharmaceuticals. I say most hypertension is a simple case of you not getting enough of the minerals God designed you to have.

Action to take: I almost always start hypertension treatment with potassium and its cousin magnesium. The aspartate form is excellent. Look for a capsule containing 99 mg potassium and 100 mg magnesium, both in the aspartate form. Consider taking one capsule three times daily. Unless you have kidney failure and are retaining potassium, I know of no risk.

In a future issue of *Second Opinion*, I’ll have a breakthrough report on oral supplements as an alternative to almost any drug you’re taking for hypertension. For now, start with potassium. You’ll love the improvement.

Ref: Franzoni F, G. Santoro, et al. “Antihypertensive

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HEALTH NOTES ... continued

Effect of Oral Potassium Aspartate Supplementation in Mild to Moderate Arterial Hypertension," *Biomed Pharmacother*; 2005;59:25-29.

The Condition That Makes You Age Faster Than Smoking

For the last 20 years or so, health officials have told you that smoking is probably the worst thing you can do to your health. And, for years, I agreed. But during the last 10 years or so, I've seen far more damage done to people because of obesity than just about any other health challenge.

Is it possible, though, that obesity is actually as bad for you as smoking? Well, scientists recently revealed evidence that proves the answer to that question is yes.

This alarming news came from a groundbreaking study that was published in *The Lancet's* online magazine. The researchers studied 1,122 women, ages 18-76, at the New Jersey University of Medicine and Dentistry. They discovered that the more you weigh, the faster you age on a molecular level. Excess fat speeds up the unraveling of critical genetic structures inside your cells.

The blueprint for these genetic structures is made up by chromosomes. In high school biology class, you learned that the X and Y chromosomes determine whether you are born male or female. But chromosomes determine a lot more than gender. They also play a part in how long you live.

At the ends of each chromosome is a particular structure of DNA called a telomere. Telomeres cap the ends of your chromosomes and protect them from damage.

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To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

There is one caution with this herbal extract: If you're on oral diabetic drugs, Gymnema is so effective your drug dosage will likely need to be adjusted. So take it under the care of an integrative physician.

Reduce Pain From Diabetic Neuropathy

The fourth natural "magic bullet" is alpha lipoic acid (ALA). A placebo-controlled study of 72 adult diabetics found that oral ALA improved insulin sensitivity up to 25%. The researchers used daily doses from 600-1,800 mg for four weeks. Similar effects have been seen in mice.

Leading antioxidant authority Lester Packer has studied ALA extensively in his antioxidant research facility at Berkeley. Dr. Packer believes that ALA works against insulin resistance by increasing the permeability of cell membranes. In diabetics, elevated glucose levels decrease membrane permeability, preventing the body's ability to handle glucose.

What I really like about ALA is its ability to reduce pain and debility in diabetic neuropathy. Many well-conducted studies have shown such a reduction is significant. Most of these studies gave patients large doses (600 mg) of ALA intravenously. But I've been using it orally at a dose of 300 mg for 15 years with satisfactory results.

Emerging animal research science suggests that R-lipoic acid may be far superior. It is the biologically active form of ALA, similar to "L" amino acids being the biologically active form. I'm switching my patients to this breakthrough supplement. You can get R-lipoic acid from your local health food store.

Improve Glucose Tolerance

The fifth natural "magic bullet" is chromium picolinate. This nutrient is well known for its ability to improve glucose tolerance.

The results of a four-month study demonstrated that daily supplementation with 1,000 mcg of chromium picolinate significantly enhanced the action of insulin. The trial involved 29 overweight individuals with a family history of diabetes. The chromium half completed the randomized, double-blind, placebo-controlled clinical trial with 40% reduced insulin resistance compared to the placebo group. A smaller dose of 200 mcg was less effective at 2.8% and placebo reduced the test by only 0.5%.

A chromium dosage of 50-100 mcg daily is high enough to correct a deficiency, but not sufficient to improve blood

sugar control. Dr. Richard Anderson (a biochemist and nutritionist with the Department of Agriculture) recommends that diabetics and anyone with impaired glucose tolerance take 400-600 mcg of chromium daily. I suggest that anyone with poor glucose control take a full 1,000 mcg daily until they see signs of improved insulin function.

All of these nutrients can make a dramatic difference in your diabetes treatment. And they are all readily available at your local health food store.

References available online.

More Evidence That You Can Stop and Even Reverse Macular Degeneration

If you are older than 50, macular degeneration is something you should be thinking about. It's a leading cause of vision loss with aging. I believe it's almost completely preventable. Good diet, healthy lifestyle, and specific nutrients that I've mentioned in past issues are a place to begin.

If you already have macular degeneration, I think you can stop its progression and, in many cases, even reverse it.

There are two types of macular degeneration — dry and wet. Macular degeneration begins with the “dry” form. The dry form is marked by waste products building up in your macula (a small, highly sensitive part of the retina responsible for detailed central vision). This further reduces circulation and oxygen delivery. The cycle feeds on itself. Eventually, the capillaries themselves begin to leak. This leads to the more damaging “wet” variety.

Oxygen deficiency lies at the heart of the problem. Why? A deficiency of oxygen reduces the ability of the cells to pump out toxins. This leads to swelling and inflammation and reduces the eye's ability to generate new blood vessels in injured tissues.

As you can see, inflammation can lead to a vicious cycle: Less oxygen leads to tissue swelling and inflammation, which leads to more swelling. The swelling pinches off circulation and causes further oxygen starvation.

One way to interrupt the cycle is to pump desperately needed oxygen into the damaged cells. The easiest way to do this is with a hyperbaric oxygen (HBO) chamber. In

HEALTH NOTES ... continued

Each time your cells divide, the telomeres shorten. It has long been known that the length of telomeres is associated with aging. When telomeres get too short, the cell simply cannot divide anymore to produce a new cell. These cells will wither away from normal stresses on them.

On the other hand, cancer cells have mutated in a way that lets them repair their telomeres and, thus, become immortal. This process is a two-edged sword. Normal telomere activity ensures that cells will eventually die rather than become cancerous. However, normal telomere activity also ensures that all of your cells will eventually become old and die. That's why aging is a normal part of life.

The researchers in the New Jersey University study found that the telomeres of obese women and women who smoke are “much shorter” than those of lean women or women who never smoke.

Overall, the age of obese women (based on length of telomeres) was 8.8 years older than lean women. A current or previous history of smoking added 4.6 years of aging compared to non smokers. Long-term smoking added an additional 7.4 years of aging compared to those who never smoke.

That means overweight and obese people are actually aging faster than smokers! This information is fantastic. It explains why calorie restriction is the only method shown to actually extend life. If excess calories age your telomeres, then it makes logical sense that calorie restriction will preserve them, slow your aging process, and increase your life span. Obviously, your best action to take here is to reduce the calories you consume. It's the only proven way to extend your life.

There's also evidence that resveratrol can mimic the effects of a calorie-restricted diet. It can actually make the cells of your body younger. So make sure you're taking Healthy Resolve's Advanced Resveratrol Formula (800-728-2288).

Ref: *The Lancet*, June 13, 2005.

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HEALTH NOTES ... continued**Another Alternative Doctor Attacked**

What happens to a fine scientist and doctor with 45 years of unblemished practice (no malpractice suits) and no patient complaints? If you're a pharmaceutical drug pusher, it's likely you'll have a long and distinguished career. But if you're an alternative doctor, sooner or later you may be attacked and taken out.

That's what just happened to my friend and mentor T.R. Shantha MD, PhD of Atlanta. He's just been indicted on charges of insurance fraud, money laundering, illegal use of a European drug (Ukraine) for cancer, and injecting DNP (a "weed killer") into cancer patients.

Obviously, using weed killer to treat cancer grabs your attention. But it's not what the press would have you believe. Yes, DNP is used to kill weeds. So what? So is vinegar. The better question is, "Is DNP a legitimate cancer treatment?" A quick search of medical studies for "dinitrophenol" (the full name for DNP) and "cancer" reveals over 2,000 referenced studies in major medical journals of its use in cancer treatment. It's often used to lessen the toxic effects of chemotherapy. DNP currently

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an HBO chamber, you become pressurized, like when you're diving. Increased pressure literally dissolves oxygen gas into the waters of your body and blood. That allows oxygen to diffuse everywhere, even into places that are pinched off due to swelling.

But does it put enough oxygen into your eyes to stop macular degeneration?

My friend and hyperbaric mentor, David Steenblock, DO of Mission Viejo, California reports "remarkable" success with his program, which includes HBO.

He even turned me on to a medical report detailing the reversal of one variety of macular degeneration called cystoid macular degeneration. This variety is often seen in diabetics, retinal vein occlusions, uveitis, cataract surgery, and common age-related macular degeneration.

Drs. Jansen and Nielson from Copenhagen, Denmark reported their experience with HBO and macular degeneration. They treated two patients with cystoid macular degeneration with HBO. The first was a 57-year-old type-2 diabetic. His visual ability had diminished to the point that he had difficulty reading. His visual acuity measured a low 0.5.

After just 90 minutes of HBO, his acuity jumped to 1.0 and he could immediately read normally — after just one treatment! That's unheard of!

The second patient was a 56-year-old man with macular degeneration and other retinal pathology. His acuity started at only 0.2 and he could not read at all.

He underwent five sessions of HBO and showed remarkable improvement by the third day. His acuity jumped to 0.9. He also regained his normal reading ability.

What's remarkable about both of these cases is that the improvements lasted at least seven months. The authors reported a day-by-day improvement in the macula. They called HBO's ability to improve macular degeneration "outstanding" and "very rapid." Dr. Nielsen says that HBO should be started as early as possible, before there's irreversible damage.

I encourage anyone with macular degeneration to consider HBO treatment in your oxidative physician's office. Many doctors thought that you needed high pressure in a metal chamber for therapeutic HBO effects. With the advent of portable fabric "mild" hyperbaric chambers, HBO doctors are learning that higher pressure isn't necessarily better. In fact, it might not be as good in many conditions.

Famed HBO practitioner Dr. Richard Neubauer of Naples, Florida confirmed this. He privately told me he sees better results with MS at lower pressures of about 1.5 ATA (atmospheres).

I'm now a fan of a mild chamber manufactured by the Oxy Health Corporation. I like it so much, I use it for treatment. It generates 1.3 ATA, plenty enough to saturate starving tissues with healing oxygen. It's lightweight, portable, and relatively inexpensive.

If you have a chronic circulatory problem, including macular degeneration, you might find it more cost effective to purchase one outright. Typical office treatments start at \$75. I recommend daily treatments for the best results, so doctor visits can get expensive.

My father greatly benefited from HBO and other oxidative therapies I've written about in these pages. His macular degeneration has been relatively stable for 15 years with intermittent visits to me.

But you don't have to suffer from macular degeneration to benefit from these chambers. John Smoltz, the All-Star pitcher for the Atlanta Braves, takes a nap in his own portable chamber before every game. He loves what it does for his health and his game. A typical initial HBO course is about 20 sessions of one hour each. And it can keep your eyes and body free from many diseases.

If you're interested in trying HBO, many of the doctors recommended by the organizations below will offer the treatment. Or you can contact Dr. Steenblock's office at 949-248-7034. And Dr. Neubauer's office number is 800-552-0255.

If you would like to find out more about owning your own chamber, please visit the Oxy Health Corporation online at www.oxyhealth.com, or call 877-789-0123.

Ref: *Acta Ophthalmologica Scandinavica*, 2004, 82(4).

HEALTH NOTES ... continued

has at least four international patents for its use in low doses in the treatment of cancer.

I know that most, maybe all alleged poisons can be used to heal when used in proper doses (or homeopathically, as Dr. Shantha was doing with DNP). Take arsenic, for instance. Although it's a lethal fungicide, oncologists inject it into leukemia patients. The form that's used (patented arsenic trioxide) costs \$260 for a 20 mg dose. Compare that to only \$3 per 20 mg if you were to make it at an office lab. And what about the rat poison coumadin, which is used to thin blood? Are you getting the picture?

The problem here isn't the DNP. This is a well-researched product that is used in many conventional treatments. The issue here is Dr. Shantha and his ability to treat cancer successfully. He's a threat to the establishment and they want to take him down. The "weed killer" label is just how they convince the ignorant masses.

In a future issue, as details become available, I'll discuss Ukrain and the other charges brought against Dr. Shantha. I suspect we'll learn that, far from being a dangerous quack, Dr. Shantha is, in fact, a hero who has been saving many lives.

Next month, I'll show you how your government is determined to block your access to any treatment they don't approve and to destroy any doctor they don't like. My source is a report by the prestigious Cato Institute. What's happening to Dr. Shantha is the canary in the coalmine. Stay tuned.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association —
For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine —
866-464-5226 or www.icimed.com
- American College for Advancement in Medicine —
888-439-6891 or www.acam.org

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LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I would like to know of the risk of nattokinase if there's a hemorrhagic stroke taking place. Would it aggravate a hemorrhagic stroke? Thanks. — Helene A., via e-mail

A: While every person responds to supplements differently, there aren't any known risks of nattokinase, inducing a hemorrhagic stroke. The way natto works makes it unlikely you'll see any complications. You see, there are two sides of the clotting equation: clot formation and clot dissolution. Nattokinase is not known to increase the risk of hemorrhage, since it does not affect the clotting side of the equation. Rather, it seems to optimize the clot dissolution side. That helps your body dissolve clots that are pathological.

Now if you are on blood thinners, such as coumadin (Warfarin), the playing field is not level and I would consult your integrative physician. If you've suffered a stroke in the past, you should talk to a doctor before taking any new

supplements that may affect your blood viscosity. Even something as mild as garlic can cause problems in certain situations.

Q: What FIR system do you recommend and why? — Marion S., RN, via e-mail

A: I am nuts about far infrared sauna therapy (FIRST). I'm gradually accumulating more material for a full report to you. I just got information that it can dramatically increase the release of heavy metals from your tissues. The penetrating heat moves them into your sweat and liver for elimination.

That being said, if you are using FIRST, please be sure that you take a heavy metal binder like chlorella, sodium alginate, EDTA, or PectaSol (800-728-2288) to trap the toxins in your gut and prevent reabsorption. Regarding brands of FIRST, I'm using the system from High Tech Health of Colorado (800-794-5355). Please tell the proprietor, Bill Johnson, that I'm enjoying his sauna.

Q: You recommended cod liver oil in the November issue. I heard that all cod liver oil found in nature today is contaminated. Would we be better off eating salmon from Alaska instead? — Charles S., New York, NY

A: It's true that natural cod is contaminated, primarily with mercury. But that doesn't mean all cod liver oil products are contaminated. In fact, there are safe cod liver oils on the market, including Carlson's and Nordic Naturals. Alaskan wild salmon is also relatively safe, based on what I've seen to date. But salmon flesh does not have vitamin D, as does the cod liver oil. You can get a complete fish oil product that has all the natural goodness without the contamination in Healthy Resolve's multivitamin pack called Max Plus (800-728-2288).

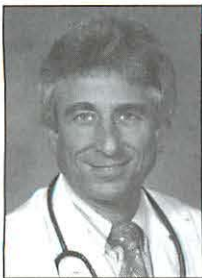
Q: I have high cholesterol and for the past year I've been taking NOW brand policosanol. Along with your most recent newsletter, I received your pamphlet about policosanol. I understand that you prefer Advanced Cholesterol Formula. However, I just cannot afford 90 cents a day. Can you recommend any other less expensive brands of policosanol? Thanks. — Mark B., Westcliffe, CO

A: Advanced Cholesterol Formula has advantages over many other formulations of policosanol. It contains guggul and green tea. Green tea is making news almost weekly for its tremendous antioxidant effects, which protect you from excessive free-radical damage. I strongly feel that will help you lower your cancer and vascular risks.

Advanced Cholesterol Formula also has guggul. There have been studies showing guggul helps cholesterol excretion out of your liver. While one recent study challenges that notion, I've seen it work on too many patients. This combination works! The policosanol from Advanced Cholesterol Formula comes directly from the sugar cane, and not an inferior source, such as rice wax.

I've also received mounds of positive feedback from people who have lowered their cholesterol using it. That being said, if it's simply less expensive policosanol as a single ingredient you're looking for, there are brands that are less expensive, but none that I would recommend over Healthy Resolve's product. Cost is a factor for everyone. If you purchase a less expensive brand, please be sure it contains policosanol made from sugar cane. That's extremely important.

You can order Advanced Cholesterol Formula by calling 800-728-2288.



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HEALTH NOTES

This Test Predicts Heart Attack Risk Better Than Cholesterol

There's been lots of controversy about the best test for assessing your risk for a heart attack. I'm continually bombarded with inquiries about cholesterol and lipids. Statin-happy doctors look at a single test, your cholesterol, and, voila, you are cleared for a statin. But there's a much better test to determine your heart attack risk — and a better way to treat it than statins.

One test I like a lot better than a cholesterol lab test measures a lipid called apolipoprotein-B. Why? Your body absolutely needs cholesterol to function and to make your hormones and cell membranes. But the apo-B lipid is much worse than the "bad" LDL cholesterol you see in your lab tests. Apo-B enables cholesterol to penetrate into your arterial walls.

Now even the major heart journal *Circulation* agrees. It published the first prospective study to directly compare LDL, non-HDL cholesterol, and apo-B as risk factors. The researchers followed more than 51,000 male health professionals since 1986. They were checked every two years. Then researchers compared 243 of them who developed heart disease to 496 age-matched controls that were free of disease. The baseline level of apo-B was the strongest predictor of heart disease (relative risk of 2.98). The concentration of non-HDL cholesterol was also highly correlated at 2.75. LDL cholesterol (the so called "bad" guy) was much less predictive at 2.07.

The authors wrote, "The practical application of our findings would be to

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This Fat Can Beat Your Family History for Disease

Almost every day, I hear patients tell me about diseases that run in their family. Some of the more terrifying ones are cancer, heart disease, Alzheimer's, Parkinson's, multiple sclerosis, and Lou Gehrig's disease (ALS). But it's certainly not limited to these.

The one common denominator in all of these patients is fear. Everyone is afraid they're destined to die from the same disease that got their mom, dad, or grandparents. But the one thing I try to give every patient who walks through my office door or reads this newsletter is hope. No matter how bad things might get, there's usually some ray of hope I can offer.

This month, that ray of hope is one of the most incredible stories I've ever discovered. It's the story of a fat that can completely prevent and, in many cases, reverse most hereditary illnesses. That means you aren't necessarily destined to die from the same illness that took your mom or dad.

That may sound ridiculous. After all, I'm the one who told you to reduce your fat intake as much as you possibly can. But I'm also the one who told you that the right kinds of fat can work wonders in your body. And this fat will not only make you feel great, it will also reverse some of the most stubborn cases of disease I've ever seen. In fact, when many of the treatments I've told you about in these pages fail to bring the desired results, this fat oftentimes will save the day.

Just how well does this fat work? Well, let me tell you about Ben. He was suffering from ALS, which ran in his family. His case had progressed rapidly. He wasn't even 50 yet and his doctor gave him only two more years

HEALTH NOTES ... continued

switch from assessing LDL and non HDL cholesterol to assessing apo-B instead." Amazingly, the lab test for Apo-B isn't even considered at all by the National Cholesterol Education Program.

I consider the apo-B test far more important than your cholesterol levels. My editor's father just had a massive heart attack and all his blood work was in great shape prior to the attack. However, his apo-B was not tested.

So I think it's vital you get both apo-B and apolipoprotein-A1 together. Apolipoprotein-A1 is a good guy. Studies have shown that the ratio of apolipoprotein-A1 to apolipoprotein-B may correlate better with increased risk of coronary artery disease (CAD) than total cholesterol, and the LDL/HDL ratio.

If your apo-B is high or your apo-A1 is low, then you need to treat it. Fortunately, this is really easy. The treatment is the same as your alternative cholesterol treatments. These include policosanols (I recommend Healthy Resolve's Advanced Cholesterol Formula), niacin, tocotrienols, and, of course, diet, exercise, and lifestyle changes.

If more aggressive treatment is needed for high apo-B, then red yeast rice (along with CoQ10) would be excellent to lower it. And, finally, essential phospholipids, which I cover in-depth in this month's lead story, would cap off your treatment. EPL will

(Continued on page 3)

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to live. He was walking with a cane and couldn't even open his hands. It wouldn't be long before he would be in a wheelchair.

After his first treatment with this fat, he could open his hands and walk without the cane.

At the end of his two-week stay, he was jumping up and down with newfound enthusiasm. His doctor literally could not videotape him because he was now able to leap, twirl, and did so with abandonment!

On Easter Sunday, Ben and his wife danced up to the altar of their church. The congregation, which had supported his treatment, was ecstatic. There wasn't a dry eye in the house.

And Ben's case isn't a fluke. Patricia Kane, PhD, who developed this revolutionary treatment, has seen over 225 cases of ALS. She says most cases of ALS will at least stabilize. An astounding 75% of the cases have improved. And an absolutely incredible 35% will experience a significant reversal of their symptoms.

Many of those in wheelchairs will begin to walk. Others will walk without the help of a cane. And still others will regain the use of their hands. These are truly amazing results — from a fat.

I've gone over case reports for hundreds of patients who have experienced results no other doctor could achieve. But before I present some of their stories, let me tell you more about this fat and how it works.

You might remember a report I brought you several months ago on a breakthrough in cholesterol and vascular problems. The remedy I described was essential phospholipids or EPL. EPL is a unique form of lecithin made from soy. It can literally pull LDL cholesterol out of your body.

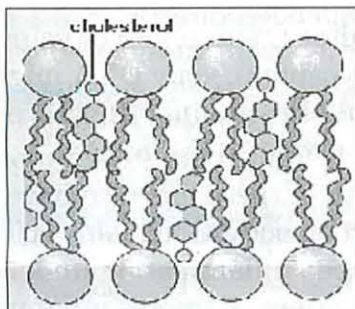
But now we know it does more than that. EPL can actually change your genetic predisposition for disease!

You may know that your genetics are determined by your DNA. But your DNA is hidden deep within the nucleus of your cells and is protected by the cell membrane. So it's very difficult to make changes to your DNA. However, Dr. Kane has discovered that you can manipulate your DNA by changing the health of your cell membrane. If your cell membrane isn't healthy, it will send the wrong messages to your DNA. But if your cell membrane is healthy, it can have a very positive impact on your DNA.

The key to reversing your genetic predisposition to disease, then, is to improve the health of your cell mem-

brane. A healthy cell membrane must be flexible enough to allow the right substances, such as hormones, into your cell. But it must be rigid enough to keep out unwanted small water-soluble molecules, such as sodium (which can cause your cells to swell).

To filter out unwanted molecules, your cell membranes have a design much like a sandwich. This sandwich is made out of three-part molecules. You can see in the diagram to the right that each molecule is made with a water-soluble protein (the round ball-shaped part) and two oil-soluble fatty acids, which are also called phospholipids (the tails). These molecules form two lines, with the tails facing each other, to make up your cell membrane.



What's very interesting about the cell membrane is that cholesterol is an absolute requirement for a healthy membrane! It is waxy (also oily). Therefore, we find it mixed in with the fatty acid tails. About 30% of a normal membrane is cholesterol. Cholesterol actually makes your cell membranes stronger.

But there's a necessary balance to that rigid strength of cholesterol. When your cholesterol levels are too low, it can damage your cell membranes and cause them to leak. And, of course, too much cholesterol can also cause problems.

A cell membrane can become sticky, full of sludge, or perhaps one of the molecules was sticking out farther than another. When that happens, it prevents the membrane from efficiently sending commands to your DNA. All the information would still be there, but a gummed up membrane will transmit faulty commands.

So what might gum up your cell membrane? Bad fat! But what makes one fat good and another fat bad? Notice in the diagram the fatty acids have kinks. These kinks make a fat flexible and, therefore, good. If there aren't any kinks, it causes rigidity. Saturated fats have no kinks, so they're stiffer. You can see that in lard and butter. Their saturated fat is solid at room temperature. Unsaturated fats, such as olive oil, are more flexible and energetic. And they're liquid at room temperature. This is why the quality of the fats you ingest is so important. It determines how flexible and healthy your cell membranes are.

HEALTH NOTES ... continued

restore a decrepit lipoprotein system to haul away cholesterol deposited in your arteries.

Ref: *Circulation*, 2005; 112.

Hormone Replacement Therapy for Life

Hormone replacement therapy has had some bad press through the years. You may have heard that HRT raises vascular and cancer risks, and doesn't even prevent osteoporosis. But the news just keeps getting worse.

The latest study shows HRT doesn't even stop your menopausal symptoms! "What?" you ask. "My hot flashes are so much better!"

It's true that the chemicals extracted from horse urine can make your symptoms better. But when you eventually stop the chemicals, the menopausal symptoms will return. A robust 21% of Prempro users surveyed said that their hot flashes returned after discontinuing the drug. Compare that to the 5% who were given dummy pills.

In essence, HRT only postpones your symptoms. So if you use HRT to relieve hot flashes now, you'll just have to suffer them later. That means the drug companies have essentially made you dependent on these chemicals for the rest of your life.

So how can you avoid this dependence? Allow menopause to take its natural course. It gets the withdrawal over with quickly, instead of postponing the symptoms until you quit the horse urine extract.

To help you deal with hot flashes, I recommend black cohosh. It's one of my favorite alternatives and it's readily available in most grocery, major retail, and health food stores.

Do Nothing and Double Your Risk of Breast Cancer

Researchers now say that women have a one in seven chance of getting breast cancer. But as bad as your risks are now,

(Continued on page 4)

HEALTH NOTES ... continued

the Shanghai Breast Cancer Study from China says lack of exercise doubles your risk. Researchers took data from 1,459 breast cancer patients and compared them to 1,556 controls. Women with high body-mass index and low-energy expenditure incurred the highest risk.

Obesity (high body-mass index) and lack of exercise combine to increase insulin, *the hormone of aging, cancer, and death*. As obesity rates increase, so do the rates of breast cancer. If you're overweight and not exercising, you need to start today. Start by walking around the block. Then increase your distance and intensity gradually.

Ref: Vanderbilt-Ingram Cancer Center, June 2005; Cancer Epidemiology, Biomarkers & Prevention, June 2005 14(6):1496-501.

This Oil Drops Blood Pressure and Triglycerides

High blood pressure and high triglycerides are early warning signs of heart trouble. While Big Pharma continues its full court press on physicians to pimp their chemicals, you need to know alternatives.

Two small studies on 14 and 16 people tell us that omega-3 fish oil could really help you. Four grams daily dropped systolic blood pressure by 10 mm and diastolic by seven mm. Triglycerides and dangerous Lp(a) plunged by 23% and 37%, respectively. The latter is very hard to reduce.

The researchers from both studies said the most effective dose is four grams daily. I agree. While a vegetarian, I am a fan of fish oil, especially if you have circulatory

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books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

Suppose you've eaten a lot of plastic trans (hydrogenated) or heated fats (fried foods) during your life. These unnatural fats have either lost their kinks through heating or never had kinks to begin with. Worse, they don't fit into your cell membrane correctly. This reduces the membrane's flexibility. If the membrane doesn't have normal flexibility, or the fats aren't the right size, it will alter the function of your cell receptors. With altered receptors, your DNA might still be quite viable, but it's not functioning at peak performance.

But there's even more to it than just DNA control. All of these fats also have an impact on inflammation in your body. Good fatty acid balance releases chemicals that keep inflammation under control, while bad fatty acid balance promotes inflammation. And I've discussed in the past how inflammation is involved in most diseases.

What most people don't realize is that this inflammation doesn't just start overnight. It can take years for the bad fat to accumulate and cause the damage. It's likely the membranes started to weaken decades ago. In fact, it could have started before you were born. If your mother had a bad diet while she was pregnant, or if she didn't breast feed, it could have caused bad fats to start to build up. That's diet, not genetics.

Then while you were growing up, you might have eaten all kinds of junk food made up of tasty but horribly toxic fatty acids. All of these build up over time. And they will catch up with you sooner or later. It might cause autism early in life, or it might cause you to develop Parkinson's, MS, or ALS later on. Or you might just accumulate lots of these toxic fats in your arterial cell membranes resulting in stiff and inflexible arteries and hypertension. This can run in families from diet, not genes.

Many of these diseases start in your brain. This is because the brain is made up largely of fat. The neurons in your brain are almost all membrane! But neurons divide only once every seven years or so. So it can take years to alter their fatty composition. I cannot overemphasize the importance of what your neuron membranes mean to the function of your brain. If they're subjected to years of indiscretion, they will accumulate a ton of toxic fats. That's one reason why I continually stress diet above all else in your quest for health. That's what can help your brain function when you're 95.

Of course, few of us have eaten a great diet all of our life. So almost every one of us has some accumulation of

toxic fat in our brain (and elsewhere). In our culture, there's almost no way to avoid it.

So there's no reason to feel demoralized about having a chronic disease. In many ways, it's not your fault. But now that you know what causes these diseases, you can start to make changes that will reverse them.

Obviously, diet is the first place to start. But you can't overcome a lifetime of poor eating habits very quickly. Changing your diet will stop the damage to your cell membranes from progressing. You need something that can return your cell membranes to good health quickly.

This is where essential phospholipids become so important. They make it possible to replace the bad fats with functional and essential fatty acids. That's why they're so effective in removing excess cholesterol.

In next month's issue, I'll show you the two ways you can use EPL to rejuvenate your cell membranes. I'll also show you how it can work miracles with multiple sclerosis, Parkinson's, Lyme disease, hepatitis C, autism, and more. You'll be amazed at how fast this simple fat can reverse these diseases.

Figure on page 2 is from Alberts et al. *Molecular Biology of the Cell*, Garland Publishing, N.Y., 1994, Third Edition, Figure 10-9.

Even Over-the-Counter Pain Drugs Cause Heart Problems

I've repeatedly told you about the dangers of the non-steroidal anti-inflammatory drugs (NSAIDs). In fact, you were the first to read that you can relieve your joint pain today only to destroy your joint cartilage tomorrow by using NSAIDs. Now it appears these over-the-counter pain pills can also cause angina and heart destruction.

New research has just been reported on 651,000 adults with diagnosed arthritis in the California Medicaid program. They were followed for an average of four years (that's 2.4 million patient years). This is the largest study ever on this issue.

The researchers found that at the very least, *all* NSAID drugs raise your risk of a heart attack (myocardial infarction) by at least 12% – and up to 71% for the use of indomethacin, the strongest of the NSAIDs. The higher the dose of the particular NSAID, the higher your

HEALTH NOTES ... continued

problems. But make sure you use a brand that has any contaminants removed. Steam distillation can remove unwanted heavy metals from the fish products. My favorite brands are Healthy Resolve (sold with Max Plus multivitamin), Nordic Naturals, Carlson's, and Biotech Labs.

Ref: *Clin Nutr*, 2004;23:1246-1247.

Do Statins Help You Live Longer?

It's a well-known fact that statins will lower your cholesterol. Many studies have demonstrated that the drugs do, in fact, work. But the question isn't, "Do statins work?" The real question is, "Do statins help you live longer?" And, believe it or not, we recently received the answer from the *Journal of the American Medical Association*.

The article shows the results of a huge 513 multi-center trial. The study compared the all-cause mortality of users of pravastatin to "usual care" (lifestyle changes) for high cholesterol. The average starting total cholesterol was 224, HDL 48 and triglycerides 152. And the average age was 66.

The researchers gave pravastatin (40 mg) to 5,170 and "usual care" to 5,185. Pravastatin was found to reduce cholesterol by 17% vs. 8% with "usual care" over four years. "Bad" LDL cholesterol levels were reduced by 28% with pravastatin vs. 11% with "usual care." With the frenzy over cholesterol as a killer, and medical suggestions that half our population should go on these synthetic chemicals, you might lay odds that the pravastatin group did better. Good thing you were not in Las Vegas. The house would have won.

In fact, the all-cause mortality of the groups was essentially identical. The authors soft-pedaled the truth with the following conclusion. "The results may be due to the modest differential in total cholesterol (9.6%) and LDL-C (16.7%) between pravastatin and usual care compared with prior statin trials supporting cardiovascular disease prevention."

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HEALTH NOTES ... continued

What they're burying is that lifestyle changes do as much as the costly statin to save your life. So what is society getting for thousands of dollars per year per patient for this class of chemicals? Thinner wallets and congestive heart failure (caused by the statins) — that's it!

I've said for years that statin therapy may lower your cholesterol, but that it won't help you live longer. And this study proves it. Before you start taking any drug therapy, get your doctor to prove that your life quality will be improved or lengthened. Just because it changes some arbitrary number doesn't mean it will save your life.

Ref: *JAMA*. 2002 December 18;288(23):2998-3007.

Acupuncture Methods Vary From Practitioner to Practitioner

If you have ever changed doctors, you've undoubtedly noticed differences in the way they practice medicine. This is especially true if you've changed alternative doctors.

An interesting study from *Southern Medical Journal* sent the same patient complaining of low back pain to seven different acupuncturists. Five of seven were

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risk. For example, if you average over 150 mg daily of diclofenac (Voltaren), your risk increases a whopping 37%.

At the same time, another just-published medical study (*BMJ* 2005, 330) followed 9,218 patients with a first heart attack compared to 86,000 matched controls. Rocecoxib increased risk 32% and ibuprofen (Motrin and Advil) increased risk by 24%.

Why does this happen? NSAID drugs interfere with your body's normal inflammatory processes. Inflammation occurs for a reason. So does pain. Modern medicine tries to inhibit the pain instead of repair the problem that's causing the pain. When you stop the pain, it signals that body to stop the healing process.

NSAIDs reduce inflammation by interfering with prostaglandin metabolism. Yes, some prostaglandins create inflammation and pain, but others are an absolute requirement for blood vessel lubrication. God designed your body to strike the natural balance of prostaglandins. A chemical indiscriminately weighs down one side of your metabolic teeter-totter. This is a problem with virtually every class of petrochemical pharmaceutical. (Note: fatty acids are in charge of prostaglandins.)

Dr. Thomas Schnitzer, professor of medicine and assistant dean for a Chicago medical school sees the writing on the wall. "There will be a marked reduction in the long-term use of NSAIDs." Dr. Schnitzer might be right, but I suspect most people hate pain enough to ignore the warnings. That is, unless they have safer alternatives.

But what are the alternatives if you have pain? I have long maintained that the safest class of pain drugs is narcotics. Other than the potential for addiction (which is uncommon when used judiciously for pain), and constipation, these very cheap (when generic) drugs have a high safety profile. Most of them are derived from God-made morphine, which is a very safe drug.

There have been doctors enlightened enough for years to recognize the dangers of NSAIDs. However, if they minister your pain with narcotics, they risk their licenses and freedom. (Some have even been sent to jail.) Seems the government would prefer you have a heart attack or ulcer from an NSAID than risk a narcotic dependency.

It just amazes me the bazillions of dollars government wastes in the so-called War on Drugs, when its licensed drugs are killing or maiming millions. I wonder why the government doesn't limit these chemicals like it does narcotics?

And other drugs aren't much of an answer either. We already know acetaminophen products, such as Tylenol, aren't better alternatives. This chemical can destroy your liver and kidneys.

Since drugs aren't a real answer in today's world, we have to look to God-made anti-inflammatories, especially herbal products like ginger, curcumin, boswelvia, and proteolytic enzymes. These can provide your body what it needs to modulate your inflammation with absolutely no risk.

I also suggest you try prolotherapy. You've read in these pages about how it can help most joint pains. But it's also great for a lot of other pain problems, including migraines, fibromyalgia, back pain, and even TMJ. You can find out more about prolotherapy on my website. And you can find a doctor in your area at the website www.getprolo.com.

And the very best treatment for pain is FSM. This amazing technology can literally melt pain away in minutes. You can find out more about it on my website.

The FDA, allegedly charged with your safety, does not require Big Pharma to look at the all-cause morbidity (injuries) and mortality from any of its wares, including vaccines. It just looks at reductions in the target symptoms.

But once again, long-term studies have proven me correct with another class of drugs — NSAIDs. I re-assert that if you look long enough at the effects of most (if not all) drugs, especially those used for chronic diseases, you will find out why American-style medicine is the third leading cause of death in the U.S.

Utilize Big Pharma and you'll trade suppressing your symptoms for a host of other, even more serious problems, requiring more intervention. I'm personally proud to tell you that I've not written a prescription for this dangerous class of pain pills in over 20 years. I strongly suggest you avoid them with the same fervor.

Ref: *Family Practice News*, July 15, 2005.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association —
For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine —
866-464-5226 or www.icimed.com
- American College for Advancement in Medicine —
888-439-6891 or www.acam.org

HEALTH NOTES ... continued

in agreement that the Oriental treatment should be used. However, there were wide differences in how the treatment was administered. Of 28 acupuncture points selected, only four (14%) were prescribed by two or more acupuncturists.

Why is this important? There's a striking difference between complementary therapies and orthodox medicine. Orthodox medicine with only linear thought usually will treat a patient with one of two options: a chemical to reduce symptoms or a surgery to cut it out.

Integrative medicine, on the other hand, takes a more circular view, and can deal with the patient's problems in multiple ways.

I recently was presented with a patient who had long-term multi-system complaints ranging from pain to circulation, and with possible hereditary components. I offered over 10 different ways to treat her. These included a homeopathic remedy, detoxing her mercury and other chemicals, cleaning up her diet, nutrient therapy, addressing hereditary risk factors for vascular disease and coagulation disorders, acupuncture, neural therapy, meditation, and much more.

I believe any one of these approaches would work far better than any drug.

Be aware that seeing different practitioners of integrative therapies might lead to different strategies, but that does not mean only one is right. Illness has many causes and those you entrust with your health will use methods that they are most familiar with.

Coming Next Month...

- Reduce your risk for dementia by 74%. And this simple test you can do at home reveals your risk.
- Two conventional colon cancer preventives have serious flaws. I'll show you what to use instead.

LETTERS

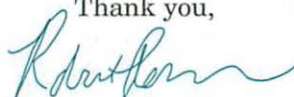
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

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Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: You have told us that electromagnetic radiation can be harmful. Is there any simple method or means I can use to protect myself from radiation? What do you do to protect yourself? — J.D.L., via e-mail

A: We live in an age of electromagnetic (EM) pollution. We're constantly bathed in EM frequencies never before seen on the planet. Research is showing that these fields can adversely alter your DNA function. Unlike buying organic foods to reduce pesticides, there is no escape, unless you choose to spend your life in a shielded metal cage. There is no perfect solution. However, I have taken a few steps, which I believe minimize bad effects on my own body.

Years ago, I bought a clock from Clarus International. When plugged into your outlet, it is said to beneficially alter the electromagnetic radiation within your home via the whole electrical system of your house.

Additionally, I acquired a pen-

dant called a Q-Link from Clarus. Yes, I have looked at the science surrounding these inventions. But I readily admit that I'm not enough of a physics buff to objectively understand how they might alter the effects of electromagnetic energy. However, I have evaluated these products using a subtle technique called kinesiology.

Kinesiology is testing the strength of a selected muscle in your body when you're exposed to a negative material or something positive. For example, if you just hold some sugar, your muscles will likely weaken. This effect is measurable electrically with a German technique called electrodermal screening or EAV (electroacupuncture according to Voll, the German discoverer). EAV is really kinesiology of an acupuncture point.

I admit EAV and kinesiology are subjective. But my personal experience with both has convinced me that either method can guide a talented healer to better determine effectiveness of treatment. After evaluating both devices with kinesiology, I believe they are beneficial. Accordingly, I wear a Q-link every day and have the Clarus clock operating in my home. That said, I can't assure you that you will notice any effect, as EM toxicity is very subtle. The Q-Link and clock can be obtained by calling 877-564-6511 or online at www.q-linkproducts.com.

Q: In my own clinical experience, I have a number of vegans as patients, and my observation is that they generally do not have healthy mouths. The soft tissues are pale, the tone is not particularly good, and, even though pale, they bleed fairly easily. Also, getting all eight of the essential amino acids from a vegan diet takes special planning, since few, if any, vegetables have all eight. How do you explain the poor

health I find in so many vegans? — Dr. Lee W., via e-mail

A: I will be the first to admit that many vegans are unhealthy, for the same reasons that many meat eaters are unhealthy. You can be malnourished both as a meat eater and as a vegan. It totally depends on your food choices.

Have you asked your patients about the variety of foods in their diets? Are they getting a balance of protein from grains, legumes, nuts, and seeds? Are they eating predominantly living and organic foods? Or are they junk-food vegans, splurging on chips, and non-meat processed foods?

Most vegans I know are in the former category, as am I, and are quite healthy. I have had my amino acids and essential fatty acids checked. And I'm well in the reference range on all counts. I do concede that I'm very careful about my food choices!

I think if you inquired into the diets of your patients on a deeper level than vegan/non-vegan, you would see a big difference in the food choices of those who are healthy versus those who are unhealthy. The same can be said for meat eaters. It's generally not whether you eat meat or don't eat meat that is the determining factor in your health. It's the quality of your overall diet — the variety of foods, their freshness, if they're processed, cooked, raw, or organic, etc.

That being said, I do direct your attention to the outstanding book, *The China Study*, by the Campbells. This team found that any animal protein, no matter how small the amount, and especially dairy protein, increases the all-cause morbidity and mortality in the studied population. The more animal protein ingested, the higher the risk. So again, look at the variety and quality of diet in your patients before drawing conclusions.



Dr. Robert Jay Rowen's

SECOND OPINION

Vol. XV, No. 10

October 2005

HEALTH NOTES

Another Simple Way to Get More Glutathione

Last month, I showed you how inhaled glutathione can greatly help COPD patients. We're delighted to use this method in our office. But glutathione is a wonderful nutrient that helps a lot more than just your lungs. So it's important to increase your body's store of the peptide.

As I mentioned in the last issue, the digestive tract usually breaks down glutathione that's ingested, making it difficult to supplement the nutrient. However, inhaling glutathione isn't the only way to get glutathione into your system.

Way back in medical school, I remember we were giving a mysterious drug called Mucomyst by nebulized inhalation to emphysema patients to help break up secretions. It was observed that this "stuff" also protected livers from destruction due to acetaminophen (Tylenol) overdose.

What was the secret of Mucomyst? It was a potent antioxidant called acetyl cysteine, but more commonly known to us as the very common nutritional supplement — N-acetyl cysteine (NAC). NAC is a super nutrient. It encourages the synthesis of glutathione right in your own cells. More glutathione means more resistance to just about everything.

NAC provides the most important raw material — the amino acid cysteine. Cysteine can be irritating if taken in its natural form. In its acetyl form (NAC), this problem is resolved. However, there's a limiting biochemical step in going from cysteine to glutathione. It must be linked with another amino acid called glutamine.

(Continued on page 2)

Forgotten Pain Cure — Once Outlawed by the FDA — Makes a Remarkable Comeback

In the first half of the 20th century, medicine was making huge inroads into the treatment of disease. Amazing machines were developed that could treat everything from smallpox to polio to arthritis and other types of pain.

Then Morris Fishbein, MD, former president of the AMA, became one of the most vicious crusaders against quackery who ever lived. With the help of Big Pharma, he decided that medicine must be reproducible. Anything other than drugs and surgery, treatments that could be measured and quantified, were deemed to be quackery.

Under this edict, most devices of the early part of the last century were physically destroyed *or* their distribution eliminated. One of those machines was a miraculous pain therapy that was virtually done away with.

But in the last 20 years, this amazing machine has made an incredible comeback. And it's even more powerful and more effective than the original.

What you're about to read will forever alter your concept of how to heal your pain. I've witnessed it in action. And it's absolutely amazing what it can do.

But you don't have to take my word for it. You've probably seen its miraculous benefits right *in front of* your eyes.

Think back to last year's Super Bowl. You may not care about football, but many people who pick up a newspaper or watch the news on TV heard about the incredible recovery of Terrell Owens, the superstar wide receiver for the Philadelphia Eagles.

Terrell suffered a devastating injury to his ankle last December 19. The membrane that holds together the

HEALTH NOTES ... continued

This difficult step can be bypassed by taking undenatured whey protein, which has lots of cysteine-glutamic acid amino acid linkages (peptides). You can buy NAC and undenatured whey protein at most health food stores (see page 6).

How DIM Fights Cancer and Boosts Libido

I told you a couple months ago about the wonder benefits of DIM on prostate, breast, and uterine cancers. This month, I've got more information for you on how DIM fights these cancers and also increases your sex drive.

For a long time, researchers thought testosterone was the culprit in all prostate problems. But that has changed. Researchers have found that higher estrogen levels are common in men with both an enlarged prostate and prostate cancer. And they've also found out that testosterone isn't the bad guy once believed!

In fact, both sexes need testosterone. It's an anabolic (tissue building) hormone. For seniors whose levels have fallen considerably since youth, extra testosterone is very important for quality of life, especially sex life. Less testosterone in your brain means less libido.

In my original letter about DIM, I told you that this wonderful supplement improves estrogen metabolism, which is

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ends of his tibia and fibula was ripped. His external stabilizing ligament was also torn. And, to make matters worse, he had a spiral fracture up into his fibula. An injury like this, with or without surgery, usually leads to tremendous scarring, permanent immobility, permanent pain, and a 13-week healing time.

Fortunately, the team trainer allowed Dr. Carolyn McMakin to treat him. Immediately following the injury, Terrell was treated with this new and improved machine, now called FSM.

Terrell also received FSM immediately following his operation. If you've ever sprained your ankle, you know how bad the bruising can get. Now imagine you damage your ankle as badly as Terrell and *there's no bruising or swelling*. Well, that's exactly what happened to Terrell. He never experienced any bruising or swelling! That in and of itself is a miracle. But the story, as you may know, gets even better.

As expected, scarring did set in and four weeks later, he could not flex his foot toward his head. Dr. McMakin spent hours with him gently teasing out all the ligaments and muscles she could, while applying the FSM to dissolve the scars. She even treated him just hours before the Super Bowl.

Terrell made national news by doing what had been considered impossible. Only seven weeks after the devastating injury, he played in the Super Bowl, possessing full range of motion, no pain, and for all purposes, has a perfectly normal ankle.

But he didn't just play in the Super Bowl — he played at an incredibly high level. He had nine receptions for 122 yards, with a 13.6-yard average per catch. *If you don't follow football*, that's an awesome game for anyone. Let alone for someone who had just suffered a career-threatening injury. And now you know the secret behind his recovery.

So what is this FSM, where does it come from, and what can it do for you?

FSM stands for "frequency specific micro current." It's a unique machine that delivers electricity in a way that has the ability to stimulate healing. But it's not just electrical current. Any time you mention electricity, people think of getting shocked. FSM is not shock treatment. In fact, it's so gentle, you can barely feel it, if at all.

Remember the movies of the opera singer hitting a specific note and shattering the lead crystal glass? That occurs because all substances have a specific frequency to

which they resonate. The singer hits the frequency that causes the glass to resonate (it's the specific frequency, not the intensity of sound). Because glass is brittle, the resonating causes the glass to shatter. Well, all objects resonate at certain frequencies. Most are not as brittle as glass, so they don't shatter. But they still resonate.

Music is frequency. That's why an opera singer can shatter a glass. And when you hit one key on your piano, say middle C, other C strings within the piano will also vibrate in resonance. The strings actually respond to each other because of the frequency.

You know how certain types of music can energize you, while other types will calm you down? Well, the frequency of the music causes your body to respond in certain ways. And you know how one bad note in an orchestra symphony can blow the whole piece?

Well, your body is like a symphony. All the parts work together to produce a masterpiece. And just like the strings on the piano, your cells, bones, nerves, connective tissue, organs, and glands also have specific frequencies to which they respond. So do chemicals, viruses, bacteria, and infective agents.

This is why color therapy works so well. Each color has a different frequency that affects different organs in the body. (For more information on color therapy, please see the enclosed insert.) FSM is not color therapy. But it does work by similar scientific principles. And it produces faster and far better results, because it can deliver the frequencies more precisely.

Every part of your body creates frequencies (vibrations). And your body is an electromagnetic conducting system. While you may look and feel solid, your cells and the intercellular lattice that holds them together are semiconductors. James Oschman, PhD explained in his book *Energy Medicine*, "Every part of the body forms a continuously interconnected semiconductor network."

That means that an injury (physical, toxic, emotional, or nutritional deficiency) can cause an interference in your semiconductor network. It takes only one bad bit of data in your computer (nervous system) to blow the whole program. Your cells are part of a supercomputer constantly communicating with other cells via frequencies.

Injuries and conditions such as inflammation, fibrosis, and toxic emotions create discordant resonance and form vibrational patterns in your tissues. Your tissues

HEALTH NOTES ... continued

great for the prostate. But it does even more than that. DIM can increase circulating levels of testosterone. So it helps modulate estrogen and increases testosterone levels.

If you can restore your blood levels of testosterone, you can improve your sexual function and gain all of testosterone's other anti-aging effects.

And, for an aging man whose waistline is increasing, the extra fat leads to increased estrogen and reduced testosterone. So DIM becomes an even more important supplement for those who have gained weight with age.

While your body clears DIM in seven hours, its benefits on estrogen metabolism last 24 hours. So if you're taking DIM every day, which you should be, then you're getting continuous beneficial effects. This breakthrough information on DIM has pushed it to a top position on my short list of recommended supplements for everyone.

More Trouble From Plastic

I've warned you in the past about plasticizers, the chemicals in plastic that provide softness and flexibility. Phthalates (toxic chemicals found in plastic) can leak out of the plastic and into your food and water. Now comes more startling information on their dangers.

Previous studies have shown that these chemicals can lead to sexual disturbances in male animals. Seems the plasticizers have powerful estrogen-like effects. Now these chemicals have been found to do the same in humans.

Researchers in Sweden studied 85 baby boys and their mothers. They found a shortening of the distance from the anus to the base of their penis in the boys whose mothers had the highest levels of phthalates. Additionally, they had a smaller than average penile volume, scrotal development, and a 150% increased chance of having undescended testicles. Of course, the chemical manufacturers dispute the findings, claiming defects in the study.

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HEALTH NOTES ... continued

Action to take: There may well be some defects in the study. However, there's enough incriminating evidence against phthalates and other manmade chemicals that it should be a no-brainer to avoid them. Phthalates may have behavioral effects on feminizing the developing fetus. Their powerful estrogen-like effects may increase your risk of developing prostate, breast, or other cancers. Perhaps they can also damage your virility. Look for alternatives to commonly used petroleum products. These include paint, plastics, perfumes, nail polish, deodorants, cleaners, carpet backing, and, yes, even your cosmetics. Finding products without phthalates is tough, but they are available in most cases. Check with your local health food store.

Ref: *Family Practice News*, July 15, 2005.

Pacemakers May Cause Heart Failure

If you're one of the 175,000 people who yearly have a **pacemaker** implanted, this news is both important and sobering. A new study shows pacemakers can actually cause heart failure.

In the study, the researchers evaluated the pacemakers of more than 23,000 patients. Most pacemakers in use today stimulate only the right side of your heart. The pacemaker might stimulate only your right ventricle or both your right atrium and right ventricle. The electrical impulse then spreads to the left side.

Here's the problem. In a normal heart, both upper chambers (atria) are stimulated first. Then the impulse travels to

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store these patterns. When the injury is major (or if it hits specific nerve sites), it can send your body into a state of permanent alarm due to significant vibrations. Oftentimes, the source of the pain is not seen on X-ray or expensive scans, but is generated from within your tissues. Your frustrated doctors think you're nuts and want you to see a shrink or give you psychiatric drugs.

But the discordant resonance emanating from your tissues can be neutralized by applying a pattern that's the exact opposite. That's what FSM can do.

While it sounds like a 21st century therapy, FSM is not new. Much like color therapy, it's been around for a long time. Back about a hundred years ago, there were doctors who had a large humming **electrical box** in their office. These physicians treated and cured their patients with these boxes, which used FSM.

Then, thanks to Dr. Fishbein and Big Pharma, this cure of cures almost faded into oblivion. Fortunately, one FSM machine managed to survive. And through that one machine, a new healing revolution is emerging.

In the 1950s, Harry Van Gelder, DO, bought a practice in Vancouver, BC that had an old-time electrical machine made in the 1920s. Still with the machine was a binder that listed frequencies once used to treat various conditions and tissues.

George Douglas, DC knew **Harry** and spent three months in 1987 working in his clinic. George wrote down the frequencies on a piece of paper and returned to Portland, Oregon where he stuck them in a drawer for five years.

In 1992, George found a modern device that allowed him to replicate the frequencies found on *that piece of paper*. Once George began to use it in his practice, the results he saw were startling. The new machine was actually producing far better results than the original machine — and with a much wider application.

A contemporary of his, Carolyn McMakin, DC, then began work with the modern device and found that the results were reproducible. Now, in 2005, Carolyn is at the forefront of resurrecting this long-forgotten modality. She has discovered how to integrate the delivery of two frequencies simultaneously into easy-to-understand protocols and procedures. Thanks to George and Carolyn (and the hand of Providence), a treatment that can safely stimulate healing of almost any human or animal ailment was saved.

But what can FSM do for you? You've already seen how it can heal massive trauma caused by injury. It's possible you could see the same results seen by Terrell Owens. But the healing effects of FSM aren't limited to injury.

Next month, I'll show you how this amazing FDA-approved (that's right — it's approved by the FDA) treatment can effectively and safely treat many eye problems (including macular degeneration), fibromyalgia, mental disorders, heart disease, organ dysfunction, just about any type of pain (including arthritis, shingles, and carpal tunnel syndrome), psoriasis, and most chronic illnesses.

I'll also show you where you can receive the treatment — and even how you can treat yourself in the comfort of your own home. So don't miss next month's issue. In the meantime, if you're interested in this therapy, I encourage you to visit www.frequency-specific.com or call 877-695-7500. If your doctor is interested in learning how to use this incredible tool, Dr. McMakin is planning two fall training seminars. There's more information on the website. Or have your doctor call for more information.

New Discoveries Predict Osteoporosis and Fracture Risk

Let me tell you about two new discoveries that greatly advance our ability to predict your osteoporosis and fracture risk.

The first is a common test most women have done every year or so. What's new about it is that this test can actually predict osteoporosis risk with an amazing degree of accuracy. The test has been around for many years, but we've just now learned how to use it for osteoporosis.

Alenka Repse-Fokter, MD, who works at a Slovenia hospital, claims your regular Pap smear is the most accurate screening tool available for measuring risk. And her science backs up her claims. She and her colleagues assessed Pap smear results compared to DEXA-type bone-density measurements of 66 women aged 46-67. None of the participants were receiving hormonal therapy. They were undergoing routine Pap smear cervical screening.

As you age and undergo hormone withdrawal in menopause, your cervical cells may shrivel. This process is called atrophy. Dr. Repse-Fokter discovered that the

HEALTH NOTES ... continued

your ventricles, stimulating your left ventricle before the right. Your left ventricle is your main pumping chamber. That's where heart failure usually starts. The out-of-sync beating puts extra stress on the left ventricle leading to congestive heart failure. When the heart fails, it causes blood to back up into your lungs and you get fluid overloaded. It's a real nightmare.

Patients with a pacemaker that stimulated both the right chambers had a 36% higher risk of hospitalization or death from heart failure than a control group of people in similar health, but without a pacemaker. If the pacemaker stimulated only one right chamber, there was a 59% higher risk. These are huge numbers and cause for great concern.

Cardiac device expert Dr. Michael Sweeney at Boston's Brigham and Women's Hospital said, "The way we practiced cardiac pacing for the last three decades must be abandoned." I agree completely. But don't think that I'm against all pacemakers. If your heart's natural pacemaker malfunctions, your heart can stop beating long enough for you to lose consciousness or even suffer sudden death. So I recommend them regularly. But not just any pacemaker.

There's a new pacemaker that stimulates both lower heart chambers to contract in sync. These already appear to limit heart congestion in early studies.

Dr. Sweeney is conducting such a study now. However, the drawback is that these more sophisticated pacemakers cost about \$10,000 more for just the device, not including hospital and surgeon fees. This might seem like a lot, but a case of heart failure will cost many more times that. If you need a pacemaker, please ask your surgeon about the double stimulation device. Your heart will thank you.

Usually orthodox heart failure management is maintenance. I prefer to prevent. Before you have heart problems, it's time to take steps to protect your heart. You can find many articles on my website with specific steps you can take to do just

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HEALTH NOTES ... continued

that. As a subscriber of *Second Opinion*, you have access to all the back issues free of charge. All you have to do is login using the user name and password printed below. Once you're logged in, simply search "heart attack" to find my best advice for avoiding heart problems.

How FDA Regulations Could Prevent Access to Healthy Salt

How would you like to have the FDA's greedy little fingers rummaging through your salt shaker? Well, it could happen if a "public interest" group gets its way. This group wants the FDA to regulate, of all things, how much salt you use.

The Center for Science in the Public Interest is in court in an attempt to have salt listed as a food additive. That way, the FDA can stick its nose into its use in prepared foods. Now don't get me wrong. I'm all for less bad salt use. But I'm not for the government zipping your mouth closed. In fact, the less this government agency does, the better. The FDA has repeatedly shown contempt for human life by stamping out safe alternatives to drugs. At the same time, the FDA knowingly allows petrochemicals to kill and maim, which

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degree of atrophy in your cervix can predict your risk of osteoporosis with incredible accuracy.

In her study, 33 women had atrophic smears. Of those, 13 had osteopenia (early mineral loss) and 15 had frank osteoporosis based on the DEXA scan. In other words, if a woman's Pap smear indicates her cells are atrophying, there's an 85% chance she has either osteopenia or osteoporosis.

Of the 33 women with mature cell patterns (meaning there was no atrophy), nine had osteopenia, and 24 had normal bone density. That translates to a 73% accuracy rate. These data correlate to this surveillance being 75% sensitive at picking up the problem. Not bad for a simple, non-invasive, and generally routine screening test. Dr. Repse-Fokter said this method may help you determine your osteoporosis risk without added cost.

Why is the Pap smear so accurate in predicting osteoporosis? With menopause comes a dramatic decline in your estrogen and other ovarian hormones. These hormones mature the cells of your vagina and cervix. Many women maintain vaginal integrity far past menopause. This suggests that there's a fair amount of residual protective hormones in many women.

On the other hand, if your cervical cells atrophy from hormone withdrawal, so might your bones. Atrophied cells would be one good reason to get an objective bone density test (DEXA).

I do think Pap smears are a good idea every few years. If your Pap suggests atrophy (very low residual hormones), consider the suggestions I made last year to raise glutathione — NAC, vitamin C, undenatured whey protein, etc. My favorite whey protein, called *ImmunoPro Rx*, is available from many health food stores and on the Internet (just search for ImmunoPro Rx and shop for the best price). Other suggestions are available on my website (see the box to the left for information). Simply do a search for glutathione and then click on the May 2004 issue. Also see page 1 of this issue.

Glutathione may rein in aggressive osteoclastic activity. I reported to you that new research suggests that glutathione could be the mechanism of estrogen's modulating effect on bone loss.

The second discovery gives us new information on why many women (and men) get osteoporosis, yet don't fracture. Osteoporosis is defined as loss of bone minerals (primarily calcium). Yet research is showing that bone

quality may be even more important.

Bone quality is greatly determined by how fast your bones turn over after menopause. There's a balance between **bone break** down and bone creation. Cells called osteoclasts break down bone, while osteoblasts build bone. With hormone loss, osteoclasts eat up lots more bone, exceeding the ability of your osteoblasts to restore minerals. But as turnover accelerates, a particular pattern emerges.

Your bones have a protective structure called trabeculae. This is a microstructure of porous sacs tied together for strength. It's a foundation for your bones and a template for osteoblasts to lay down new bone. As **bone turnover increases**, this plate begins to weaken.

After menopause, your osteoclasts become more efficient in breaking down bone. They're able to eat right through the trabecular plate. If that happens, your osteoblasts don't have the needed template to lay down new bone. As the ties weaken, the small bone holes enlarge. With fewer interconnections, they can eventually disconnect and cause fractures.

Until recently, the only way to assess this micro architecture has been by biopsy. But CT and MRI scanning are advancing at a rapid pace. Together they may soon be able to analyze your hip structure. Then, the best test for you will be a bone density evaluation (DEXA scan) coupled with an evaluation of your bone geometry.

I look forward to seeing this technology develop. You might have significant mineral loss that would scare both of us. However, if your micro architecture is good, you may actually be at much lower risk than we would believe today, and not need aggressive treatment. Please, stay tuned for this technology. I'll let you know when it becomes available.

Ref: *Family Practice News*, May 15, 2005.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association —
For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine —
866-464-5226 or www.icimed.com
- American College for Advancement in Medicine —
800-532-3688 or www.acam.org

HEALTH NOTES ... continued

enhances corporate profits.

If the government does regulate salt, you'll probably end up getting more bad salt shoved in your face, and zero ability to buy good salt. After all, there's far more money made in sales of bad salt than there is in good salt. And you know the government loves money. Its relationship with the drug industry proves this is true.

So what's the difference between good salt and bad salt? Regular refined salt is sodium chloride with added aluminum and other materials. There's very little in it that's good for you. Avoid it!

Good salt, on the other hand, comes straight from the sea or deposits of old seawater, and is completely unrefined. Your body has almost the same proportion of minerals as that found in seawater. So salt from the sea provides most of the minerals your body needs for good health.

I have recently discovered Himalayan Crystal Salt, which I believe is a therapeutic mineral replacement for you. It's great for lightly salting your food. You can order it from: American BlueGreen, 179 Capital Lane, Roseburg, OR 97470 (541-464-5942 or www.himalayancrystalsalt.com).

You can also use Celtic sea salt, which can be obtained from the Grain and Salt Society at 800-867-7258, (www.celticseasalt.com).

Coming Next Month...

We had to delay running these first two articles. Sorry for the inconvenience.

- The best thing you can do to save your knees. It works so well, it even helps your heart.
- The conventional stroke treatment that's twice as likely to kill you as aspirin.
- The three most important nutrients for prostate cancer. (Hint: Saw palmetto isn't one of them.)

LETTERS

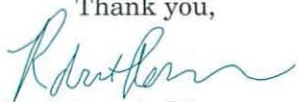
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: My only health complaint is not joint pain, but a knee that creaks when I climb stairs. Has Advanced Joint Formula been tested and found to help creaking joints? Thanks. — Sarah P. Chesapeake, VA

A: The ingredients in Healthy Resolve's Advanced Joint Support have been found to reduce joint stiffness and even rebuild cartilage. But I'm not aware of studies done specifically on creaking joints. Creaking joints are often a sign of cartilage degeneration. And they can also be caused by internal derangement or just a natural occurrence.

Beyond that, without assessing what is going on in your knees, I can't tell you if it will help in your situation. Certainly try a good joint supplement, such as Advanced Joint Support. But I suggest you have your knee evaluated by an integrative physician.

Q: The form of DIM you recommend is also available from

Tyler as Indolplex. I've been using it for more than four years. Recently, the size of the capsules was doubled so that each capsule complex contains 240 mg of 25% diindolmethane, d-alpha tocopheryl succinate, silicon dioxide, and phosphatidylcholine. Thought it might be valuable to readers to have more than one source. — Paul R., via e-mail

A: Thanks, Paul. This is indeed the same formula I recommended. It's always good to have more than one source for a product. You can find Tyler's products on the Internet at the following address: www.integrativeinc.com.

Q: I saw on your website that you recommend magnetic mattresses, but also warn that local magnetic aids should be worn no more than one hour and only for three weeks. The company I bought my magnetic belt from says it does not put any such restrictions on its products. According to them, there are no counter indications for limiting the use, unless you have a pacemaker. Would you please clarify your position? — Lois M., Chicago, IL

A: Dr. Dean Bonlie of Alberta, whom I consider one of the world's leading authorities on magnet therapy, has expressed concern over conventional magnets. The north field is fine.

However, around the edge of the magnet is the south field. Tissue directly under the magnet gets the beneficial north field. But move around to the edge and the tissues exposed there get the south field. Dr. Bonlie believes over time that could be dangerous, so he suggests limiting exposure, as I have written.

Q: I'm taking policosanol to clean out arteries. How long

will it take to accomplish this? Should I expect to take the product for the rest of my life? Any help/advice you can give will help. — name withheld

A: You didn't mention a cholesterol problem, but I assume your cholesterol is high. If so, the medical pundits would have you take a statin for life. I believe it's safer and cheaper to take policosanol for as long as it's required. I can't answer how long, since I don't have access to all the necessary information.

However, before taking the supplement, I always urge you to change your diet and lifestyle first. You may not need the supplement. That would be the safest, healthiest, and cheapest way to handle the problem. If there's a genetic component, then lifelong use might be called for.

Q: What do you recommend for foot and toe cramps that happen at night? I have tried everything I can think of: potassium, magnesium, gulping down multi-vitamin powders, etc. The only thing I can find that offers any relief is quinine, but that's limited. Any suggestions? — Ronald K., via e-mail

A: You did not mention calcium or vitamin E. Both may help. Try 800 mg of calcium lactate and/or 800 IU of vitamin E (Unique E or Carlson's) before bed. Also consider an evaluation for heavy metals by a chelating doctor (www.abct.info or 800-356-2228). I have also heard of good results from people going on a living foods diet. Watch out for dehydration and consider stretches for your calves. Also, take choline citrate (one teaspoon in four ounces of water) for better magnesium absorption (available from Farmacopia 800-896-1484).



Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine

Reverse Ovarian Cysts in Weeks Without Drugs

Two years ago, I was the first to tell you of a Vietnamese herbal product that helps men with their prostate. Now, with increasing use of this product, I'm getting wonderful reports on its use for women.

The product is *crinum* and the proprietary name is *Healthy Prostate/Ovary*. *Crinum* is an extract of the plant *Crinum latifolium*. I studied it for prostate use, and didn't give it a thought for women. However, my friend Abe Ber, MD of Scottsdale, Arizona did.

Dr. Ber told me he's seen 100% effectiveness in several women he's treated with ovarian cysts. One particular case, Christine, intrigued me. She is 39 and had polycystic ovaries with heavy bleeding. Her doctor attributed them to insulin resistance. Her gynecologist obtained a pelvic sonogram in late April. It showed a right complex ovarian cyst measuring 4 cm x 3.4 cm.

Dr. Ber told her to take *crinum* — three capsules, three times daily. She started during the Memorial Day weekend. Shortly thereafter, she felt twinges in the area of the right ovary. Three to four days later she had a fever of 103 degrees, which lasted for three days. During these days, she stopped eating. After the fever, she was 10 pounds lighter. She welcomed the weight loss and did not regain it.

Best of all, a repeat ultrasound on June 16, 2005 showed a complete resolution of the previously seen complex cyst. All her reproductive tract symptoms had vanished.

I'm delighted that my report in *Second Opinion* led to this incredible story. Very

(Continued on page 2)

New Supplement Reverses Bone Loss Caused by Aging

In the last few years, you've had the opportunity to read about magnificent nutrients that stop and even reverse osteoporosis long before anyone else. I've told you about strontium, glutathione, magnesium, and vitamin K. And just a couple of months ago, I showed you two new discoveries that predict your risk for osteoporosis with incredible accuracy.

Well, this month, you're going to be the first to read about another incredible supplement that will help you fight off this disease, which is one of the greatest risks to your health. It's a product derived from milk called lactoferrin.

Lactoferrin is a glycoprotein (protein containing carbohydrates). It's made by many tissues of your body, especially your exocrine glands, which are glands that secrete some type of body fluid. So it's found in tears, saliva, bile, pancreas, vaginal secretions, seminal fluid, and milk. A woman's breast is an exocrine gland.

Additionally, your immune cells make lactoferrin when fighting infections. Lactoferrin has an unusually strong ability to bind to iron. Micro-organisms are heavily dependent on iron to grow. So lactoferrin can deprive bacteria of this nutrient. And without it, they can't grow. Lactoferrin in mother's milk helps prevent infection in babies.

Recent research now suggests another role for lactoferrin — bone formation. That makes sense. Mother's milk is loaded with lactoferrin. Breast-feeding comes at a time of our most rapid growth. But a study now shows that lactoferrin may play a role for you at the opposite end of your life. It may preserve adult bones as well.

A study conducted in New Zealand and Australia

Miracles of Medicine... continued

few doctors would think to use this product for ovarian problems, but it can definitely help. Ovarian cysts can be worrisome. Your doctor must evaluate larger cysts for cancer. Smaller cysts can grow. They can also be associated with dysfunctional hormones and bleeding.

Your doctor will usually take a wait and see approach with smaller cysts. I'd try crinum rather than worry that a cyst might enlarge. Crinum is an excellent option for many with reproductive tract problems. It doesn't matter whether it's ovarian problems in women or prostate troubles in men. Crinum (Healthy Prostate/Ovary) is available from Get Well International (408-260-9714), Farmacopia (800-896-1484), and NutriCology (800-545-9960).

And here's another tip: Few people realize that green and black tea, which is derived from *Camellia sinensis*, have similar qualities as crinum — though in reduced strength. According to a recent study, "A growing body of evidence suggests that moderate consumption of green and black tea may protect against several forms of cancer, cardiovascular diseases, and bacterial infections. The immunomodulatory property of *C. latifolium* extracts should further be investigated and compared to those of black and green tea." So feel free to drink plenty of green and black tea in addition to taking crinum.

Ref: *Int Immunopharmacol*, 2001 November;1(12):2143-50.

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provides the exciting news. Scientists found that lactoferrin greatly increases the production of DNA in osteoblasts. (Osteoblasts are the bone cells that make new bone. In contrast, osteoclasts break down old bone.) DNA production means that lactoferrin stimulates the health of these crucial cells, which allows them to grow, stay alive longer, and divide into more osteoblasts. More osteoblasts equal more bone!

Produces Bone-Building Cells

But that's not all lactoferrin does for your bones. It can actually help your body produce more osteoblasts.

When immature cells divide (differentiate), the new cells can divide into opposing lines of mature cells. One line may promote a function, the other line diminishes that same function. That way your body stays in balance. When bone cells divide, they create both osteoblasts and osteoclasts.

But sometimes this process gets out of balance when other factors in your body change. For instance, as you age, your body produces fewer hormones. Sex hormones impact the health of your bones. Diminished hormones cause more of your bone cells to differentiate into osteoclasts.

A recent study found that with lactoferrin, more immature bone cells became osteoblasts, rather than osteoclasts. It also reduces natural cell death (called apoptosis) of mature osteoblasts. Lactoferrin also stimulates cartilage-producing cells to divide. That means it may help regenerate your cartilage as well, helping arthritis and other joint problems. The study also found that it doesn't matter whether the lactoferrin was derived from human, bovine, or even genetically engineered sources.

Lactoferrin also reduced bone marrow-cell differentiation into osteoclasts. With enough lactoferrin, the regeneration of the bone dissolving cells was eliminated!

This study was in a lab dish, outside the living animal. However, these researchers took the findings to a higher level. They instilled lactoferrin over the skulls of living lab mice. New bone formation was increased up to four-fold!

The authors concluded that lactoferrin possesses bone-strengthening properties. It promotes more osteoblasts and reduces osteoclast activity and formation.

Don't be misled that the study was done on mice. Lactoferrin, both from human and bovine sources, beneficially affected the animals' bone cells. And different species respond to the same molecule in similar ways.

In menopause, osteoblasts decline in function and number. Osteoclasts run amok. Your bones get eaten away. Previously, I told you of how glutathione inhibits the latter. Now we have a second weapon to correct osteoclasts gone wild.

Lactoferrin is one of the top supplements on my list of recommended supplements for osteoporosis. I see no downside. In addition to osteoporosis prevention, it also enhances your immunity.

There are many lactoferrin products available at most health food stores. Make sure the product you buy is made from the milk of grass-fed cows, raised *without the use of hormones or pesticides*. You also can get it directly from NutriCology (800-545-9960 or www.nutricology.com) or Farmacopia 800-896-1484. My recommended dose is four capsules taken at bedtime.

Osteoporosis is serious. I wouldn't rely on any one supplement. Please visit my website (www.secondopinionnewsletter.com) to learn more about preventing bone loss with natural solutions. Lactoferrin provides yet one more nutritional weapon for osteoporosis!

Ref: *Endocrinology*, 145(9)43666-4374.

The Popular Fruit That Prevents Pancreatic Cancer

Want to have your cake and eat it, too? When it comes to the miracle nutrient lycopene, it appears that you can.

Lycopene is the red pigment that gives tomatoes and some other foods their rich red color. Food pigments are flavonoids, which have enormous free-radical scavenging ability. Plants manufacture them to protect themselves from the free-radical inducing effects of the sun's rays.

Most men are already aware of the great benefits of lycopene, as it's been shown to significantly reduce the risk of prostate cancer. But the cancer-fighting benefits of lycopene don't stop there.

A new study shows that another type of cancer — pancreatic cancer — is vulnerable to lycopene. Pancreatic cancer is a tough cookie because its symptoms are well hidden, usually until late in the disease process. Prevention here is worth a million treatments.

A Canadian research team has found that people with

HEALTH NOTES

Beyond Viagra — Powerful Nutrients for a Better Sex Life

You might remember a few years ago when I warned you about Viagra's ability to damage your eyes — permanently! The enzyme that it affects in your penis also exists in your eyes. So the beneficial effect you get when Viagra inhibits that enzyme in the penis, also inhibits it in the eyes, which isn't so good.

The FDA has at least 43 cases of visual loss, including blindness, reported from the use of drugs for erectile dysfunction, including Viagra and Cialis. The manufacturer of Cialis is already posting warning labels on its chemical. That's a rare positive step by a drug maker. My bet is that the company did it to ward off lawsuits. After all, if you are warned in advance that the chemical can make you blind, then you are using it at your own risk.

The good news is you don't have to take Viagra. The amino acid arginine — 1,000 mg, taken 30-60 minutes before sex — can provide all the nitric oxide (NO) your body needs! (Viagra works by increasing NO.)

Then there's yohimbe. It can act as an aphrodisiac by increasing genital blood flow in BOTH sexes. It also favorably affects genital nerve impulse transmission, and improves sacral nerve reflexes (the nerves of sexual function), both of which increase sexual arousal. I have patients who have used it to reverse organic, psychogenic, mixed, and unknown erectile dysfunction.

If your problem is libido, there are herbal alternatives that work very well for sexual dysfunction. I've been especially impressed with the performance of the herb Epidemion (horny goat weed), which directly enhances libido. Take 500 mg daily. Maca, another herb, has a similar effect if you use it in high enough doses (1,500 mg daily). Damiana also has a direct effect on libido (300-600 mg daily). There are many supplements available on the market that

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HEALTH NOTES ... continued

contain one of more of these herbs.

Pine and lily pollen contain actual testosterone, as well as other androgens. When you consider that sperm are the animal equivalent of plant pollen, it makes sense. In fact, flower pollen has been shown to improve your prostate function. It's for that reason that I recommended to the makers of Healthy Resolve's Prostate Plus to add flower pollen.

As you can see, you have plenty of options to try before ever considering chemicals, such as Viagra or Cialis. While results vary, the safety of these herbs is much greater than the prescription drugs.

Enjoy Your Carbs AND Reduce Your Blood Sugar

Would you like to know an extremely simple and almost costless way to improve your blood sugar without a visit to a doctor?

A small study published earlier this year has discovered a clever way to help your glucose intolerance. In the study, 29 people were studied, one-third with diabetes, one-third were prediabetic, and one-third had normal blood sugar. Each participant was given either two tablespoons of vinegar or a placebo prior to eating a high-carbohydrate breakfast. And one week later they were given the opposite drink and the same breakfast. Their blood sugar after each breakfast was measured and compared.

All three groups had better blood sugar after eating when they drank the vinegar. But those who were prediabetic saw the most benefit. Vinegar cut their blood-glucose rise in the first hour after a meal by about half, compared to their

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the highest intake of lycopene had a striking 31% lower risk of this terrible cancer. The researchers noted that the lycopene in these diets came mostly from tomato products.

You can be sure that the cancer prevention list will not end here. If research is done, I predict it will find lycopene, and other colored plant pigments reduce not only other cancers, but other chronic diseases as well. The average American diet is very deficient in these compounds.

Now here's the rub. You know I'm a fan of living foods. But research has shown that lycopene in tomatoes is absorbed better when the tomatoes are cooked. So you get the lycopene, which is heat stable, but lose the vitamin C and other nutrients, which are less heat tolerant. So what should you do?

First, feel free to eat cooked tomato products. Even as a proponent of living foods, I still love tomato products, cooked or uncooked. I just prefer foods that are not denatured by heat.

However, I have to tell you about some interesting information I found on another lycopene source — watermelon. Yes, the red pigment in watermelon is our friend lycopene!

But you don't want to cook watermelon, do you? I sure don't. So, can your body absorb the lycopene? Usually, you have to cook a vegetable to make the lycopene *more* available. However, this isn't true with watermelon!

A trio of scientists from the Agricultural Research Service (part of the USDA) set out to examine the lycopene in watermelons. Using a simple metering device that measures color, they examined the lycopene content of various types of watermelons.

"Lycopene content varied widely among cultivars and types, but the seedless ones tended to have more. Results showed that watermelon has as much or more lycopene as raw tomatoes and that the amount depends on both variety and growing conditions." But as mentioned, the lycopene in tomatoes is more bioavailable with cooking.

In late summer 2000, two ARS researchers conducted a 19-week study on 23 healthy adults to assess the absorption of watermelon lycopene. Watermelon was juiced and frozen immediately without pasteurization. It was defrosted just before it was consumed, and the lycopene content analyzed. Participants were given a random regimen of supplemental lycopene from watermelon juice or tomato juice compared to the control group, which received no juice. All were on a lycopene-restricted diet otherwise.

The researchers were surprised to find that lycopene bioavailability from unheated watermelon juice was the same as from pasteurized tomato juice. What wonderful news, bioavailable lycopene from an uncooked source with all its other nutrients intact.

Watermelon is a great source of vitamins A, B6, C, and thiamin. Studies have shown that a cup and a half of watermelon contains about 9 to 13 milligrams of lycopene. That's about 40% more lycopene on average than raw tomatoes. The riper (not overripe), the richer it is in lycopene.

I know winter is upon us, but watermelon is even available in winter. It's grown in desert areas. So enrich your diet with live watermelon, a lycopene source carrying all the other benefits of uncooked food.

What the Amish Can Tell Us About Autism

A recent Denver Post editorial written by Bob Ewegan brazenly said that the chances of a vaccine reaction were one in a million. I called him to find out where he got that statistic. He asked me if I was one of those *anti-fluoride/anti-vaccine* kooks.

Then he said he got his statistic from the "highest authorities." But he had no research to back up what he was publishing, which was in support of a Colorado children's vaccine bill.

While he says the chances of any vaccine causing harm is one in a million, you know differently. A few months ago, I told you about published data showing how one vaccine — the flu vaccine — raises your risk of Alzheimer's several fold. Just one vaccine blows his statistic away. But, of course, that's not all the evidence there is.

When I lived in Alaska, I found myself repeatedly fighting against dogmatic, pigheaded, close-minded, and brainless public health "officials." I testified in public forums on the proposal to make chicken pox vaccine mandatory to attend public schools. Chicken pox is a totally benign disease in 99.99% of children. Even by Ewegan's outrageous exaggeration, the vaccine would be more dangerous than the disease.

In each of the public forums, I asked if there had ever been a study comparing a large unvaccinated population to a mass vaccinated population for *all cause morbidity and mortality* (i.e., injury and death from all causes, not

HEALTH NOTES ... continued

blood sugar when drinking a placebo instead of vinegar. Those with diabetes saw a 25% reduction in their after-meal blood sugar rise.

Furthermore, those with prediabetic symptoms ended up with lower blood glucose than even healthy volunteers after both groups drank vinegar. The results were similar to using the diabetes drug metformin. Hmmm, I doubt that the maker of metformin funded this study. If they had, we never would have seen it.

Why vinegar? It appears the active constituent is the acetic acid found in vinegar. Acetic acid is the smallest fatty acid, and very easy for your body to burn. It appears to slow your stomach's digestion of carbs. That will secondarily slow sugar absorption into your blood.

In fact, research spanning two decades suggests that vinegar limits glucose and insulin spikes after a meal. A Swedish team led by Elin M. Östman demonstrated that pickles dramatically blunted the blood-sugar spike after a high-carb breakfast. Fresh cucumbers didn't. Apparently, the vinegar the pickles were in was again the active ingredient, since fresh cucumbers failed.

So, if you have diabetes, you might want to get yourself in a pickle, or a pickle in you! The major downside to vinegar is the taste. So, of course, the researchers are now developing an encapsulated form of vinegar and testing its effectiveness.

But buyer beware: None of the vinegar dietary supplements currently on the market contain acetic acid (the antidiabetic component in the vinegar). The best way to get around the bad taste is to spread some vinegar-based dressing on your salad. Use only raw organic vinegar. Please let me know what effect this has on your diabetes!

Ref: *Science News*, January 1, 2005, *Diabetes Care*, January 2004.

Another Surprising Benefit of Vinegar

You just read about the benefits vinegar has on blood-sugar levels. But this

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HEALTH NOTES ... continued

inexpensive food can do more than just reduce your blood-sugar levels.

A follow-up study geared at testing vinegar's long-term effects on diabetes also found that taking vinegar yielded a pleasant side effect: moderate weight loss. In the four-week study, half of participants took a two-tablespoon dose of vinegar prior to each of two meals daily, while the other half were told to avoid vinegar.

Participants taking the vinegar lost an average of two pounds over the four-week period, while weight remained constant in the non-vinegar group. And some participants taking vinegar lost up to four pounds.

Cut Your Risk of Alzheimer's by 55%

I've always said that a drop of prevention is worth buckets of cure. Well, when it comes to Alzheimer's, I bet even Big Pharma would agree. According to a study published in the inaugural edition of *Alzheimer's and Dementia*, a diet high in folic acid or folate (a common B vitamin) can reduce your risk. (Folic acid is the synthetic form of folate.)

This study kept track of 579 people 60 years and older for over 10 years. The inci-

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just the childhood infections). None of the so-called defenders of the public health could produce even one.

And I had never seen one until recently. But it wasn't done by scientists — it was done by a reporter from the *Washington Times*. It's too bad Mr. Ewegan didn't do a little investigative reporting like Dan Olmsted.

Mr. Olmsted traveled to the heart of Pennsylvania Amish country. This community of people has been largely cut off (by their own choice) from the ways of modern society for hundreds of years. According to national statistics, which states one child in 166 has autism, he should have found as many as 130 people with autism there. Instead, he found only three.

Let's look at the three. The first was a Chinese-born baby adopted into the U.S. by another family. The child became autistic and overwhelmed the adoptive parents. They then gave it up to second adoptive parents of the Amish community. China is moving fast to mass vaccination. Also, it's not likely American authorities would have authorized the adoption had the child not been vaccinated.

The second child definitely received a vaccination and became autistic shortly thereafter. The reporter was not able to determine the vaccine status of the third child.

So here we at last have the study I was demanding. And I was proven right again. Possibly one non-vaccine related case of autism exists in the Amish when the figure should have been 130.

Please print off Mr. Olmsted's report (see the reference below) and send a copy to your elected officials and your newspapers. After all the government and industry lies, the cat's out of the bag. You have the clear answer on autism now — vaccinations!

I have little respect for lazy editorialists like Mr. Ewegan. But Mr. Olmsted did a lot of work to find out the information in his report. And it is a real service to mankind. I say he deserves the Nobel Prize for medicine.

Ref: <http://www.washtimes.com/upi-breaking/20050321-115921-9566r.htm>; *Washington Times*, April 18, 2005.

Does Your Soap Have Toxic Gas?

Sometime back I warned you about antibacterial soaps. Any synthetic chemical added to soap that could kill a bacteria might also injure your own cells. Now

there's evidence that one particular chemical found in some soaps may actually release a deadly gas.

The chemical is called triclosan. It's made by Ciba Specialty Chemicals, which alleges that this chemical is the "aspirin of antibacterial agents," due to its apparent lack of side effects. Of course, you already know that aspirin (itself a coal-tar derivative) is hardly free of toxic effects.

And now we know the same is true of triclosan. Upon recent news that the chemical can produce chloroform gas when it comes into contact with tap water, many companies are removing the substance from their finished product, including soaps and toothpastes. Chloroform is a toxic gas, a chlorinated hydrocarbon. It was used for general anesthesia until safer agents came along.

Action to take: Our skin is supposed to have bacteria on it. These are called normal flora, just like your gut has plenty of bacteria.

If you think you have skin odor, antibacterial soaps wouldn't be my first choice, even if they were all natural. Your toxic and/or high-protein diet is more likely the cause. What you eat encourages either healthy bacteria or the growth of unhealthy germs. An unhealthy diet encourages unhealthy bacteria in your gut. This can transform trash foods and indigestible proteins into foul-smelling chemicals, which can emit out through your pores.

Of course, we all have to bathe. And there are plenty of natural antimicrobials that I wouldn't have any fear of, such as tea tree oil. Why do the drug makers have to go after petrochemicals? Again, follow the money trail. You can't patent tea tree oil.

My favorite soap, ever since medical school (when I didn't know better), is Dr. Bronner's peppermint castile soap. It's a pure natural product that you can find in most natural food stores. For more information, check out this website: <http://www.drbronner.com/soaps.html>.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association —
For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine —
866-464-5226 or www.icimed.com
- American College for Advancement in Medicine —
888-439-6891 or www.acam.org

HEALTH NOTES ... continued

dence of Alzheimer's was compared to their estimated dietary intakes of folates, both from food and supplements. The researchers discovered that if your intake is greater than the RDA of 400 mcg, you'll have a whopping 55% reduced risk of developing Alzheimer's than if your intake is less.

It's quite encouraging to see that a common nutrient could play such a huge role in a common and devastating disease. Alzheimer's affects 4.5 million Americans. Folate may protect you by reducing the amount of homocysteine in your body. I've reported extensively on this bad apple before, which can poison your mitochondria (your cells' energy furnaces).

Action to take: This is yet one more reason to move to more living foods, such as fruits and vegetables. Yes, synthetic folic acid is now added to many processed foods. But I wouldn't bet on fortified processed "foods" to beat something so devastating. I've measured levels of folate in many people, including myself. Those with the greatest intake of living foods have consistently had the highest levels. Make sure that you are one of them!

You can also get additional folate from a good multivitamin, such as Healthy Resolve's Max Plus (800-728-2288).

Ref: *Alzheimer's and Dementia*, August 12, 2005; Fackelmann, Kathleen. "Folate shows promise in preventing Alzheimer's," *USA TODAY*, August 14, 2005.

Coming Next Month...

- The at-home therapy that can stop migraines, improve your memory, and reverse erectile dysfunction. Takes just 45 minutes per week.
- This miracle supplement from a Hungarian peat bog might make intravenous chelation therapy obsolete.

LETTERS

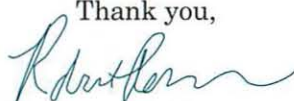
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I have high cholesterol. For the past year, I've been taking NOW brand policosanols. Along with your most recent newsletter, I received your pamphlet about policosanols. I understand that you prefer Advanced Cholesterol Formula. However, I just cannot afford 90 cents a day. Can you recommend any other less expensive brands of policosanols? Thanks.
— Mark B., Westcliffe, CO

A: Advanced Cholesterol Formula has advantages over many other formulations of policosanols. It contains guggul and green tea. Green tea is making news almost weekly for its tremendous antioxidant effects, which protect you from excessive free-radical damage. I strongly feel that will help you lower your cancer and vascular risks.

ACF also has guggul. There have been studies showing guggul helps cholesterol excretion out of your liver. However, I admit one recent study challenges that notion. Nevertheless, I love the

combination. The policosanols from ACF come direct from the sugar cane, and not an inferior source, such as rice wax.

I like ACF for the foregoing reasons, and the raves of positive feedback that have come my way. Yes, there are less expensive brands. However, all of these are less expensive because they just have policosanols as a single ingredient. What's worse, a recent study shows that the majority of companies producing a policanol product don't have the amount of policanol they list on their labels. And many also use cheap substitutes. It's no wonder their products are so inexpensive. If you find a less expensive product that works, that's fine. But it's like finding a needle in a haystack, and you could waste a lot of money searching. For more on this study, visit <http://www.healthyresolve.com/cholesterol>.

Q: Are you aware of any vegetarian supplements that can be used in place of animal glandular products? Specifically, I would like to find a substitute for an adrenal supplement, which contains 100 mg Bovine Adrenal substance plus 20 mg Bovine Adrenal Cortex. — name withheld on request

A: First, my favorite glandulars come from the Biotics Company and Standard Process. I've used both for years and they are quite effective. Sometimes, there's not much of an alternative to animal glandulars, and you're hearing that from a virtual vegan.

Now, regarding your adrenals, the following nutrients can improve or optimize its function: vitamin B5 in the form of pantothenic, vitamin C, and Royal Jelly. Adaptogens (herbs that help your body adapt to stress) can also improve adrenal function. Some include Ashwagandha, ginseng, eleutherococcus (Siberian gin-

seng), Codonopsis root extract, and Astragalus. A form of licorice called DGL (which has removed most of the salt-retaining properties) can also improve the functioning of what hormones (cortisone in particular) your adrenals makes.

Q: My 76-year-old mother was diagnosed with a left frontal glioblastoma in May 2005. The next brain MRI, one month later, showed an increase in size and edema. That's when I read your report about artemisinin and its effect on cancer. I ordered from Allergy Research and put my mother on the recommended dose of five capsules, twice a day on an empty stomach.

I'm thrilled to be able to tell you that on her MRI on Monday October 24, no edema or abnormality was seen!!! The problem has resolved. My question now is how do I alter her dosage? Do you continue patients on artemisinin at a lower dose or do you take them off it? Is there a protocol? Thank you so much for the great information you put in your newsletters — I read every one. — Avanda Demperio, DC, Belmont, NC

A: I am thrilled with your mother's case and honored that the wonderful results came from my newsletter reports to you. Thank you so much for this feedback!

I generally recommend continuing the artemisinin for one year. Currently, I am using it three weeks on and one week off. This, and taking daily fresh grapefruit juice may protect her body's ability to continue absorbing the artemisinin. Please don't hold me to specifics since I am not managing her case, but a dose reduction to 300 mg twice daily seems reasonable to me.



Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine

How to Successfully Treat Congestive Heart Failure

If you have congestive heart failure (CHF), this story could change your life. It did for Houri, a tough 61-year-old, Iranian-born woman with CHF.

Her doctors told her she was in for a downhill spiral. The only thing they could do was slow the progression with chemicals. So her physicians stuffed her full of chemicals, including Paxil. She gained a lot of abdominal weight and stopped the psychoactive drugs on her own.

Then she developed CHF. Her doctors, of course, prescribed Cozaar and beta-blockers, which caused balance problems.

She eventually stopped the petrochemicals on her own and her balance improved. But she wasn't doing anything for CHF. The most important measure of heart function, her ejection fraction, dropped from 44% in September 2000 to 35-40% in August 2003. Ejection fraction is the percentage of blood your heart pumps out from its left ventricle in one stroke. My minimum standard for good health is 60%. The way Houri was headed, she would fulfill her doctor's prognosis of gradual decline.

When she finally came to see me in September 2004, I found her to have a lot of mercury amalgams in her mouth. Diseased hearts tend to have high concentrations of mercury.

I also found disturbances in the empty sockets of two wisdom teeth. Wisdom teeth energetically connect to the heart meridian in German acupuncture theory.

She had significantly elevated levels of lead and modestly elevated levels of mer-

(Continued on page 2)

New "Oxygen" Therapy Kills Viruses — Even the Flu Virus — in Hours

With flu season now in full swing, it's time to talk about ways to beat this potentially killer illness. If you think the flu vaccine will protect you or save your life, think again.

I told you last year that flu vaccines did little if anything to protect you from the flu. Well, now there's a new study that shows that the flu vaccine not only does little to protect you from the flu, it does *nothing* to save lives in the elderly. And that's the group that's supposedly the most vulnerable!

Admittedly, the study only looked at mortality and not morbidity (hospitalizations, injury, etc.). Regardless, it confirms everything I've told you. The study spanned several decades of U.S. data and failed to show that vaccinating the elderly saved any lives.

Even with this new information, the CDC doesn't intend to change its recommendations for elderly vaccinations. Perhaps CDC officials own stock in the drug companies that sell the vaccines.

Regardless of what conventional medicine does, it's time for you to take control of your health. I've told you in the past about one of the finest treatments of all that you'll never hear the "experts" talk about — intravenous hydrogen peroxide. Peroxide cut the death rate from viral pneumonia in half in the devastating Spanish flu outbreak of 1917-18. Keep that in mind when the Southeast Asian bird flu finally makes the jump to humans and the pandemic begins again. Find a doctor today who performs this treatment. You can find one by calling the organizations on page 7.

Many of you have told me you can't find a doctor in your area that performs hydrogen peroxide therapy. Well,

Miracles of Medicine... *continued*

cure on a challenged urine test (a test I require on just about everyone I see).

This is a complicated problem, so the treatment isn't just one magic bullet. First, I suggested she have a doctor evaluate the sockets where her wisdom teeth were removed to make sure there wasn't a hidden infection. Then have any infection surgically cleaned out.

Next, I gave her the supplements crataegus, Arjuna Heart (an Ayurvedic herb formula — 800-426-6763), and ribose. (I'll have more on these in a future issue.)

I also had her take the following supplements: taurine, CoQ10, Iodoral, a policosanol/guggul formulation (Healthy Resolve's Advanced Cholesterol Formula), and supplements to raise glutathione.

Glutathione is your body's premier natural heavy metal scavenger. The supplements I recommend for this purpose are N-acetylcysteine (NAC), Immunopro (undenatured whey protein), vitamin C, and alpha lipoic acid.

By May 2005, her ejection fraction had rocketed to a robust 70%. Her energy level, as expected, increased right along with it. And she is no longer threatened by CHF.

Other than antibiotics, drugs are never a cure. They treat only symptoms. And they usually create new problems. So always look for natural answers to your health challenges first. It will help you avoid all the side effects drugs create — and you can usually find solutions.

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I've got a great solution for you. And, more than likely, you'll be able to find a doctor who will administer this new "oxygen" therapy.

That's right! My friend and colleague Robert Cathcart, MD has pioneered what appears to be another oxidative therapy. Only this one isn't your standard oxygen therapy. He's discovered that the use of high-dose, intravenous *vitamin C* works wonders for a variety of conditions. And, on the cellular level, it seems to have a similar effect on the body as oxygen.

Because of how well this treatment works on viruses, hundreds of other physicians worldwide have picked up the IV-C treatment. Many times, high-dose vitamin C, at least 25 grams, and up to 75 grams, will knock out a virus — even the flu — within hours. In fact, it oftentimes works when other oxidation therapies have failed.

Many think they can take enough vitamin C orally, but that's not the case. According to the *Annals of Internal Medicine*, "Oral vitamin C produces plasma concentrations that are tightly controlled. Only intravenous administration of vitamin C produces high plasma and urine concentrations"

In other words, you can't get enough vitamin C to battle a killer virus from a pill. Your digestive tract can't handle massive vitamin C doses. As little as three grams can cause diarrhea. And stomach acid can degrade the vitamin. But administering it intravenously doesn't cause diarrhea and it dramatically boosts your immune system.

Many physicians who won't administer hydrogen peroxide, including many naturopaths, are willing to administer high-dose, intravenous vitamin C. So check with your integrative physician.

Ref: *Archives of Internal Medicine*, February 14, 2005; *Ann Intern Med.* 2004 April 6;140(7):I61; "Vitamin C, Infectious Diseases and Toxins, Curing the Incurable," 2002.

How You Can Reverse a "Family History" of Disease

Have you ever noticed how many diseases have "family history" listed as one of the top risk factors? *Heart disease*, cancer, and Alzheimer's disease are just a small handful of the diseases that have family history listed near the top of the list.

What's really scary, though, is that a health problem

in one generation will often impact more than just the children of that generation.

Years ago, researchers found that laboratory animals deficient in the mineral zinc will develop an immune defect. And this immune deficiency is passed on to the offspring. What's really interesting, though, is that even if the subsequent generations are given the regular allowance of zinc, the immune defect persisted for *four* generations *before* they were able to correct it. All this occurred because the first generation was deficient.

So it's not just your mom and dad's health problems that are important, but all of your great, great grandparents' needs as well.

Many argue that our family history is purely genetic and, therefore, can't be changed. But medicine is finding that our health decisions can actually alter our genes.

Consider that identical twins, carrying the same genes, can have completely different health histories. One might be totally healthy. The other might have cancer or mental illness. Obviously, their genetic code cannot account for the difference. However, alterations in the expression of their genes could.

Your genes are responsible for everything made by your body. They determine how hormones, enzymes, and proteins (to name just a few) are made, and how much.

What we're now discovering is that these creating and regulating duties can be blocked or altered. For instance, some genes can be altered so they make too much of their product, perhaps a carcinogen like estrogen. Or a gene that over-produces proteins might hopelessly clog an assembly line, disrupting your cellular functions. On the other hand, impeded production might withhold necessary hormones to other cells, which causes them to malfunction as well. You can see how easy it is to throw off your body's mechanics.

Because of all these different possibilities, scientists have developed an entire field of study around the function of genes called "epigenetics." Epigenetics has discovered that our genes are particularly susceptible to harm from a particular type of substance — environmental chemicals. Everything from pesticides and herbicides to cleaners and drugs can influence your gene expression without any alteration in your genetic code. And this expression, which often includes disease, can be passed on through multiple generations.

What this means is that your cancer could have been

HEALTH NOTES

No More Vitamin B12 Shots?

For many years, alternative doctors have insisted that vitamin B12 had to be administered through injection. We've seen some amazing effects from B12 injections, so we know it works. But we've never seen the evidence on oral B12. Many have insisted that it just doesn't work at all. In fact, I've told you many times that I prefer B12 by injection.

Well, there have been some great articles written recently on vitamin B12. They dispel these long-term beliefs and prove that oral B12 can be as effective as injections!

One of these studies followed 50 patients with known vitamin B12 deficiency. They were given B12 by injection. This corrected the deficiency at that moment. Then they were given B12 (as cyanocobalamin), 1,000 mcg daily, and followed for 18 months. None redeveloped B12 deficiency, either by blood levels of B12, or by a measure of B12 activity via homocysteine.

The most amazing part of this study is that 10 of the participants had pernicious anemia. In pernicious anemia, your body has a specific defect in B12 absorption. A chemical called intrinsic factor, which is made by the stomach, is lacking.

Intrinsic factor is believed essential for B12 absorption downstream in your lower small intestine.

Years ago, physicians administered the "Shilling Test." This test specifically measures intrinsic factor B12 absorption.

However, there's now overwhelming evidence that B12 can be absorbed without intrinsic factor.

Studies since 1968 show oral vitamin B12 is equally effective as injections — even in pernicious anemia and other B12 deficiency states.

This is good news for you if you're on injections. While I still use B12 injections in selected cases, I'm gradually moving to oral, and now you can, too. Take this information (and references) to your

(Continued on page 4)

HEALTH NOTES ... continued

physician. The full articles are available online for his or her review.

Ref: *Postgraduate Medical Journal*, 2003;79:218-219; *American Family Physician*, March 2003.

The Herb That's Safer and More Effective Than Anti-Nausea Drugs

Thousands of pregnant women are fed prescription drugs for nausea every year at a huge price, both financially and with the toll on their health. In the words of the journal *Obstetrics and Gynecology*, "Conventional antiemetics (nausea drugs) are burdened with the potential of teratogenic (deforming) effects during the critical period (1st trimester) of pregnancy. Thus, a safe and effective medication would be a welcome addition..."

Hello!!! Ginger has been around for thousands of years, but no one wants to use it. Why? Patented snake oil brings big bucks. Ginger root can be purchased easily by anyone at their local grocery store. So pharmaceutical companies have brainwashed doctors into thinking their drugs are more effective.

The same article mentioned above shows just how corrupt that statement is. According to the article, researchers reviewed the literature on ginger. They found the root to be superior to placebo and just as effective as pharmaceuticals (but without the aforementioned side effects).

Ginger is one of my favorite remedies for stomach problems. And it's an ancient one at that.

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To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

caused by your mother or grandmother's exposure to an environmental poison 50 years ago. And it could have happened without damage to their genetic code. I can't tell you how many times I've had people who have led very healthy lives tearfully cry, "How could this happen to me?"

Michael Skinner and his colleagues at the University of Washington further confirmed this connection to other generations. They found that mother rats exposed to hormone-mimicking chemicals during pregnancy gave birth to four successive generations of male offspring with significantly reduced fertility. Only the first generation of mothers was exposed to a toxin, yet through four generations, the toxic effects could still be detected.

Skinner's work suggests that the chemicals alter a natural biochemical process called methylation. When methylation is functioning properly, it protects your DNA. But Skinner finds that toxic chemicals can attach themselves to your DNA and alter the methylation without causing a mutation. When the methylation is altered, it changes the behavior and expression of your DNA.

I've told you in the past about methylation. When it's defective, it can cause all kinds of problems in humans, including autism and many chronic diseases.

One of the worst chronic diseases is cancer. It's been known since 1983 that cancer cells have unusually low levels of DNA methylation. In 1900, cancer deaths per 100,000 people was 67.7. That number jumped to 123 by 1940. It almost doubled again to 208 by 2000. These numbers directly coincide with the incredible rise in prescription drug use, industrial pollution, and the release of thousands of man-made chemicals into the environment. According to these figures, we're on the precipice of a huge explosion in cancer deaths.

Look at how these statistics work in individual cancers. We're currently witnessing a national pandemic of breast cancer. One in seven women is likely to develop it (it was one in nine just a few years ago). Prostate cancer is not far behind. In fact, 100% of all men get microscopic prostate cancer by age 80. And there's some evidence suggesting these two cancers are genetically connected.

Skinner believes that his findings in rats could explain the dramatic rise in breast and prostate cancers in humans. The cumulative effects of multiple toxins over several generations may now be taking their toll.

Because many diseases are caused by genetic factors, you might think there's nothing you can do to stop them.

But there is. In fact, there are several things you can do. We're learning that some nutrients actually work on the genetic level. So it's possible that the devastating effects of these poisons could be undone.

Action to Take

(1) While you can't get rid of the chemicals in the environment, you can reduce the amount you willfully put into your body. I think it's vital you eat only organic, non-genetically modified foods, avoid chemically based drugs (whenever possible), and don't cook or store any food in soft plastic.

(2) You also need to protect your DNA as best you can. First, you need to evaluate your body's ability to methylate with two simple blood tests: homocysteine and MMA (methylmalonic acid). The lower your homocysteine is, the better. While lab reference ranges go up to 12 (and sometimes higher), I think that 8.0 should be your target.

(3) Once you have your blood-test results, work to lower both your homocysteine and your MMA. Two nutrients in particular will help you do so. I've told you in the past about how folic acid protects against cancer. Folic acid is a critical player in DNA methylation (take 800 mcg daily). So is vitamin B12. (They belong to a group of nutrients we call methylators). An elevated MMA suggests a vitamin B12 deficiency. (See this month's Health Note on page 3 for more information on vitamin B12.)

Additional methylators are DMG (dimethylglycine) and TMG (betaine or trimethylglycine.) My favorite DMG product is called Gluconic-DMG made by DaVinci Laboratories. It's available in sublingual tablets of 125 mg and likely available in many health food stores. TMG is also called Betaine (NOT betaine HCl). It's found in 500 mg capsules. Either product may lower homocysteine levels, even where B12 might not.

Unfortunately, we don't know if these nutrients can stop the methylation-suppressing action of toxins, but they are your best bet. When there are interfering compounds, I think that loading up on more of the good guys can help you overcome the bad guys.

(4) You can encourage elimination of chemical toxins that you've encountered by regularly sitting in a sauna. Far infrared saunas send penetrating heat rays deep into your body. The heat mobilizes fat-soluble and heavy metal toxins so that they get eliminated through your sweat. I think they're the cat's meow when it comes to safe detox.

HEALTH NOTES ... continued

If you have problems with nausea, consider ginger. It's available in capsules and in teas. If it can help nausea of pregnancy, you can be sure it offers help for you as well. Whether you're prone to seasickness or have nausea from an intestinal bug, look to this natural remedy first!

Ref: *Obstetrics & Gynecology*, 2005;105:849-856.

Another Reason to Avoid Coumadin

Yet again, conventional medicine is proving me correct. I've warned you about the dangers of the blood thinner warfarin, commonly known as coumadin. I've sharply questioned its safety.

Now there's some concrete proof for you right from the *New England Journal of Medicine*. The authors were comparing the safety and effectiveness of warfarin vs. aspirin in preventing strokes.

The target population was those with arteriosclerosis of brain blood vessels, a high-risk group for ischemic stroke (lack of blood supply). The researchers, in particular, were looking for ischemic stroke, brain hemorrhage, or death from vascular causes other than stroke.

After 569 patients were enrolled in a study, it was cut short. Why? Because, over the 1.8 year average follow-up time, those in the warfarin group suffered a death rate of 9.7% vs. less than half that (4.3%) in the aspirin group. The rate of death from vascular causes was 3.2% in the aspirin group and 5.9% in the warfarin group. Heart attacks occurred at twice the rate in the warfarin group compared to the aspirin group.

I'll repeat those figures. 9.7% of the warfarin group was dead in just 18 months. You don't have to be a medical doctor to understand those figures. Even the authors noted a significantly higher risk with warfarin than aspirin.

Action to take: The next time your doctor recommends warfarin, bring him this study. There are safer and more effective

(Continued on page 6)

HEALTH NOTES ... continued

tive alternatives you've read about here, including nattokinase, omega-3 oils, ginkgo, vitamin E, garlic, and, yes, even aspirin. (You'll see in the next Health Note why I still don't recommend it. But if you feel you must take a drug, it's better than coumadin.)

Ref: *The New England Journal of Medicine*, vol. 352:1305-1316, No. 13, March 31, 2005.

Loneliness a Factor in Your Health

You've known, probably since you've been a small child, that loneliness or lack of social interaction takes a toll on you. Studies have shown that stress takes its toll as well. But two new studies link the two and show how they can adversely affect you.

In one study, first-year college students who had few human interactions or felt lonely had a weakened immune response to the influenza vaccine.

A second study showed that men who feel socially isolated have higher markers of inflammatory chemicals in them. Interestingly, the finding suggested that loneliness was the perception, and not necessarily lack of interaction.

(Continued on page 7)

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Terri and I use this sauna regularly in our work. She even purchased one for her home long before we married. We like the products offered by High Tech Health of Boulder, Colorado (800-794-5355).

(5) I've repeatedly observed that ozone and other oxidative therapies, such as photo-oxidation, can dramatically and safely improve health in chemically toxic people. Oxidizing these toxic chemicals makes them water soluble — less toxic and easier to eliminate.

Ref: *Science*, June 3, 2005; Waldman, Peter. *The Wall Street Journal*, July 25, 2005.

Why This Old Doctor Can Still Act Like a Kid

Here's a personal tidbit to start the New Year. I think you'll enjoy it. My folks recently visited my friend Ed Kondrot, MD in Phoenix for micro current stimulation for my dad's macular degeneration. My parents knew that Ed and I were to take an extremely rigorous backpacking trip into the Havasu Indian Reservation in the Grand Canyon the following week. It's a trip I have longed to do for 30 years. (I am now 56.)

Of course, my folks, being my parents, were worried that my 80% raw, 99.5% vegan (minimal dairy) diet would leave me incapacitated and unable to make the arduous trip in and out of the canyon in the searing heat. Ed told me on the way down the canyon that my parents begged him to get me to eat a "sane" diet. "Talk to him, Ed. He won't listen to us. He doesn't have enough protein. Maybe he'll listen to you. Try to get some sense into him!" We both laughed hard.

I was very amused that my folks, to this day, question my dietary preferences. It's especially amusing considering the benefits they've seen from the significant changes that they made on my suggestions.

So, how did the vegan do? We made it to Supai village (six miles and 3,000 feet down) in less than two-and-a-half hours. The campground was another 2.2 miles away (which we made in less than one hour). My feet were chafed and I wasn't sure about our next day's plans to tackle a 16-mile round trip to the Colorado River and back. However, the next day, I decided to accompany Ed as far as I could, thinking it was a leisurely walk down a creek bed. We had no idea what we were in for.

My feet seemed to do better as I went along, now wearing sandals designed for creeks. We descended down a treacherous 200-foot wall on chains and bolts nailed into the rock face. We crossed the creek more than 15 times, climbed up rock faces with ropes pegged into the cliffs. We walked (inched, is more like it) along ledges on cliffs only two feet wide and 200 feet high. (Ed laughed, "If only your mother could see you now!")

Having made it the eight miles to the Colorado, we played in the crystal waters of the creek before turning back. Like kids, we swung from rope swings into the creek. Then scaled the cliff back to the campsite.

The following day, well bruised, after 24 miles of some of the most technical hiking I have ever done, I donned my pack and trekked the 8.2 miles out of the canyon (over 3,000 ft. elevation gain) in searing heat over 100 degrees.

I like to eat gourmet when I backpack, so I carry a lot of extra food weight. While a treat, it can be heavy. My pack weighed 10 pounds more than Ed's. We are about the same height, weight, and age. We made the last six miles in four hours flat, which included scaling the rim on the hottest day of the year. With that extra weight, I was only two minutes behind Ed. Not bad for two "old" men (one vegan) who watched the youngsters ride horses or helicopters out!

On the ride back to Phoenix, I called my mom to wish her a happy 83rd birthday and relieve her of worry that I might have required an emergency evacuation. Three days later, my sore muscles were recovered enough to do it again!

I hope that you take care of your body the way I suggest in these pages. If you do, your body will help you accomplish the impossible! It doesn't have to be the Grand Canyon. For some, just walking up the nearby hill with little pain or limitation is just as grand.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine — 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine — 888-439-6891 or www.acam.org

HEALTH NOTES ... continued

In other words, you might have lots of friends, but if you still feel lonely, even with many people around you, the damage still occurs.

In the first study, cortisol levels were higher in the lonely group. Cortisol is an adrenal hormone that goes up in response to stress. Elevated cortisol levels are connected with a myriad of health-related problems, including osteoporosis, weakened immune system, tissue breakdown, higher blood sugar, aging, and more.

The second study was conducted on over 3,000 men. It showed that those men with the lowest level of social involvement had the highest levels of interleukin-6 (IL-6). IL-6 is a marker for inflammation, as is C-reactive protein. These men were more likely to be unmarried or have fewer people to confide in.

The most important thing for a baby beyond food and clothing is human contact. As adults, we might think we have outgrown that need, but it's always with us. Be sure to give and receive all the nurturing you can. Your participation in church, charitable, community events, and service to others can make a huge difference in your health.

Ref: Bhattacharya, Shaoni. NewScientist.com news service, May 2, 2005; presentation at the American Heart Association May 1st meeting in Washington.

Coming Next Month...

- Simple do-it-yourself therapy stops and even reverses macular degeneration.
- The common mineral that lowers high blood pressure. So powerful it can get you off drugs and out of your doctor's office.
- The condition that's as bad for you as smoking — it ages your body just as fast. And one thing can stop it in its tracks.

LETTERS

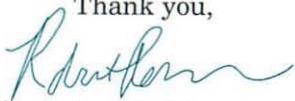
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I've taken your policosanol for one-and-a-half years. I eat well, avoid trans-fatty acids, and take good, quality supplements. I'm a 5' 10", 160-pound male. My test results are 174 tri, 82 LDL, and 95 HDL. My doctor wants me to stop policosanol and use Zocor to lower my LDL to 70. I'm 80 years old and have a history of stroke in my family and do not want to go on Zocor. I understand that statins can cause strokes if cholesterol is too low. I have not had any side effects from policosanol. I don't understand why my doctor wants a 70 LDL. Can you tell me what I should do? — Darryl B., Weirsdale, FL

A: Looking at your numbers, your LDL is a little high, but your HDL is terrific ... about as good as I ever see. High HDL tells me your body is handling the cholesterol just fine, so I see no reason to take any drugs for your cholesterol.

Some doctors who practice Big

Pharma cookbook medicine have no sense whatsoever. I think your doctor wants to trade an alleged reduction in stroke risk for an equal elevation in other all-cause mortality. I wouldn't even think about paying for an even trade.

There are other risk factors you could evaluate. Lp(a), ferritin, homocysteine, fibrinogen, apolipoprotein B, and C-reactive protein for starters. From the limited information you've given me, policosanol is working great for you. However, your triglycerides are above my ideal upper limit of 100. That suggests that you might be eating a bit too many refined carbs.

Q: You've stated magnesium and B6 will work for migraines, but I can't find any information on what kind of magnesium you recommend and the dosages for each of the two items. I would like to receive the needed info to take to my physician for this treatment. — George T., via e-mail

A: Magnesium citrate, aspartate, and lactate are my favorite forms. You can take magnesium up to 1,000 mg daily or to bowel tolerance. Usually, people take about 500 mg daily. As for vitamin B6, I recommend doses up to 100 mg daily. However, it should be balanced with the other B vitamins.

Q: Do you have any information on the excessive consumption of water on a daily basis and what effects that may have? — Robert O., via e-mail

A: Excessive can be hard to quantify. Most people drink too little water. However, there's always a balance to everything, even to water.

If you drink too much water, you can flush out more minerals than desirable. Also, if you drink too much, too fast, you can dilute

the salts in your blood. This will cause more water to move into your brain and dilute its salts. The result can include headaches, brain fog, confusion, and worse. This problem is usually seen only in athletes. They lose salt during their performance, drink only water, and don't replace the sodium losses.

I stick by my general recommendation to drink two quarts per day for the average man of 150 pounds, and slightly less for women of proportionate weight.

Q: I have two questions: First, will vinegar help stop the negative effects of corn syrup, which is in just about everything (even in bread called "health" bread)? Second, what do you think of chelated magnesium? I'm taking Carlson's, which I believe to be a credible outfit. The question is, will the micelles formed by choline citrate in any way be impeded by chelated magnesium? — Jim Bryant, via e-mail

A: Vinegar will help slow the effects of corn syrup, but please don't think it can stop all of them. Corn syrup is in "just about everything" these days. So it's difficult to avoid completely. If you eliminate most refined carbohydrates from your diet, the small amount of corn syrup you do ingest will be largely negated by the vinegar. But nothing can overcome massive dietary indiscretions. Supplements or treatments like vinegar can only mitigate the damage.

Regarding magnesium, any magnesium supplement that will break up and dissolve in your stomach while the choline citrate is present will likely form absorbable micelles. Carlson's is a good supplement brand. However, I can't speak specifically for their magnesium product, having no direct experience with it.



Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine

You Can Reverse Crippling Arthritis

If you suffer from rheumatoid arthritis and have been told, "There's nothing we can do," I have a wonderful story that should give you hope.

Jerry Anderson, a 65-year-old *Second Opinion* reader from Texas was told by his board-certified rheumatologist that he would become completely immobile and likely be dead within two years.

Jerry had developed a galloping case of inflammatory arthritis. He was given high levels of Big Pharma chemicals to suppress symptoms and had not responded. When he arrived at my office, he was an invalid in a wheelchair, unable to muster the strength to move it, or even set its brakes. His hands were swollen to twice their normal size and all of his limbs were virtually immobile. He was in agony. An unrelated condition had caused a partial paralysis in his right leg.

Jerry consulted with me by telephone only two weeks before coming. I suspected several conditions I've repeatedly written about in these pages. Specifically, hypercoagulation (a folic acid metabolic defect), likely infection in his joints, heavy metals, infection in his teeth or jawbones (root canals), and insufficient adrenal hormones. He decided to pay me a visit and flew out immediately with the assistance of a dear friend.

Amazingly, we quickly confirmed **all** of these suspicions.

Jerry received low-dose antibiotics (minocycline), hyperbaric oxygen, and oxidation treatments for infection. I placed him on the low-dose adrenal hormones of

(Continued on page 2)

Avoid the Flu Shot — And the Flu!

There's a shortage of flu vaccine that's made it very difficult, if not impossible, to get the shot. So the media is in a frenzy; the public is scared silly; and your health is at serious risk. Or is it?

From my perspective, and as William Shakespeare titled his play, it's all "Much Ado About Nothing."

I'm convinced flu shots are not only worthless for preventing the flu, but are also dangerous to your health. What's more, there's a much better way to avoid and fight the potentially deadly virus.

Influenza can be a very powerful virus. The great Spanish flu pandemic of 1917-18 took the lives of more than five million people worldwide. This was a vicious strain that hit even quite healthy people. **And that** was in a time when immune systems were less compromised by environmental toxins than ours are today.

But there's no reason for the hysteria. You've heard from the mainstream press that an estimated 36,000 people die in the United States yearly because of influenza, with 200,000 hospitalizations. However, a closer examination of the statistics shows that the overwhelming percentage of those deaths was due to pneumonia and in those with pre-existing health conditions, not the flu. And generally, the serious cases will be in those who have compromised immune systems.

What I'm more concerned about is the damage medical science will cause as it tries to find ways to beat the flu. I've heard of crazies digging up the remains of victims of the 1918 scourge to try to recover the virus for testing. The whole population alive today has no immunity to that strain, and if the virus were released, deliberately or accidentally, there could be a catastrophe.

A catastrophe, that is, if you're not aware of a fabu-

Miracles of Medicine... *continued*

Liefmann (available from Women's International Pharmacy). Chelation therapy, both IV and oral, was used for heavy metals. Low-dose heparin was given for the hypercoagulation. Folapro was provided for the folic acid metabolic defect, and other nutritional supplements for naturally easing inflammation.

Within one week, the pain and swelling in his hands was sharply reduced and his energy level was dramatically higher. By the end of his third week with us, I was shocked by what I saw. He was able to self-manuever his wheelchair to his van, stand, load it up himself, and drive away. By his fourth week with us, after dental work to clean out extensive root canal and jaw infections, this previously crippled man climbed two flights of stairs (even with his partially paralyzed leg) and was walking around the office with a walker. The staff exclaimed joyously, "A miracle in action!"

Folks, you want to know the reason for our coming health care bankruptcy? It's because Big Pharma products do nothing to treat the cause of disease and only create new problems with their toxic "side effects." Jerry is a miracle in progress and wants you to know his story. He can't wait to shock his rheumatologist by *walking* into his office.

Millions of Americans are needlessly suffering from painful and crippling inflammatory and so-called "autoimmune" conditions. Drugs can be part of the solution, but only if directed at the cause.

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lous way to fight any strain of the flu and win! (More on that in a moment.)

I'm also concerned about the damage caused by these vaccines. There are basically two types, live-virus nasal spray, and a dead-virus injectable vaccine.

The live virus spray is not recommended if you have immune problems. Being a live vaccine, it can cause the very same undesirable effects as the flu: cough, runny nose/nasal congestion, irritability, headaches, chills, muscle aches, and fever over 100° F. It can also replicate inside your body and spread to others. So if you do get this vaccine, you're cautioned not to visit immune-compromised people (tens of millions of Americans) for three weeks after receiving the spray. These sound like the very same problems the vaccine is supposed to protect you and those around you from.

Furthermore, this vaccine is rather expensive, up to \$70 per dose. And it has MSG, a potential neurotoxin which, in your nose, is delivered very close to your brain.

It's the dead-virus vaccine that was in mass production for this year's flu season. Chiron Corp. had a contamination problem resulting in the recall of 48 million doses out of the total U.S. supply of about 103 million.

The dead virus vaccine avoids giving you an infection or causing you to infect someone you love. However, it comes in multidose vials requiring preservatives and other "additives." Here are just a few I've noticed in the vaccine over the past many years:

- Ethylene glycol (antifreeze)
- Phenol, also known as carbolic acid (this is used as a disinfectant and a dye)
- Formaldehyde, an embalming fluid and known cancer-causing agent
- Aluminum, which is associated with Alzheimer's disease and seizures, is also cancer producing in laboratory mice (it's used as an additive to promote antibody response).
- Thimerosal (a mercury disinfectant/preservative) and mercury are implicated in autoimmune diseases and any neurological disaster from autism to Alzheimer's.
- Neomycin and streptomycin (used as antibiotics) have caused allergic reaction in some people.

I've repeatedly told you about poisons, but you don't have to believe just me. Listen to Hugh Fudenburg, MD (www.nitr.org/fudenburg.html), considered the world's

leading geneticist with hundreds of original publications. His comment on flu vaccines:

"If an individual has had five consecutive flu shots between 1970 and 1980 (the years studied) his/her chances of getting Alzheimer's disease are 10 times higher than if they had one, two, or no shots."

The cause, according to Dr. Fudenburg, is the mercury and aluminum that's in every flu shot (and most childhood shots). The gradual mercury and aluminum buildup in the brain causes cognitive dysfunction. Alzheimer's is exploding in the population! Could Alzheimer's be due, at least in part, to vaccines? What about autism? I say "Yes!"

Aside from toxic metals and preservatives, the vaccine is made in fertilized chicken eggs, which brings a risk of allergic reaction. But that's not all.

The drug companies claim the vaccine is pathogen free. What does that mean? Only that they have not detected other viruses in the cultures. That's not very reassuring! Back in the 1960s, millions of Americans were infected with a simian virus SV-40, known to cause disease in apes, but with unknown effects in humans. The drug companies pooh-poohed the risk at the time.

Now, 40 years later, we're seeing an epidemic of strange cancers harboring this virus. Contamination was whitewashed then. Of course, until it was detected, they thought that vaccine was "pathogen free." It's only free to the extent of known pathogens. We haven't a clue as to the unknown viruses and retroviruses it might contain.

What about the effectiveness of the flu vaccine? A recent Harvard study looked at flu-related deaths in children. It found the death rate was the same whether the children were immunized for flu or not! Here's why: Influenza viruses mutate at a high rate. Unlike infection with measles, which confers life-long immunity to a stable virus, the flu virus changes from year to year. When the flu comes around next season, it can look totally different to your immune system, so there might not be any immunity from past years.

This rate of mutation is quite variable. Scientists must guess which specific strains will be out there well in advance to prepare adequate stocks of vaccine. There's no guarantee they will be even close to the real thing. It's only a best-guess scenario and by the time they do know, it's way too late to prepare a vaccine for the specific virus.

HEALTH NOTES

Reverse Atrial Fibrillation Without Drugs

There are two fantastic therapies that can reverse many chronic ailments, including heart disease. Now there's evidence these therapies can reverse atrial fibrillation.

Atrial fibrillation is the misfiring of electrical impulses in your atria, the upper chambers of your heart. The result is an irregular and sometimes very rapid heart rate, which can be particularly dangerous.

The huge Framingham Heart Study confirms that you have a one-in-four lifetime risk of developing atrial fibrillation. That's a whopping percentage and it holds true for both sexes.

Fortunately, atrial fibrillation is a problem you don't have to develop. I don't believe you were genetically programmed to get a diseased circulatory system.

I used to recommend you take drugs to slow your heart rate. In some cases, this still may be necessary. But first, I would try these two therapies.

The first therapy is chelation. Here's why: One study that was ignored by the medical pundits appeared in the *Journal of Cardiology* a few years ago showing that mercury and other heavy metals accumulate up to 10,000 times over "normal" in diseased hearts. You're already well aware of the dangers of heavy metals. If you suffer from atrial fibrillation, you must take chelation — either oral or IV.

The second therapy actually treats a condition that's common in atrial fibrillation patients — sleep apnea. What does sleep apnea have to do with your heart? A study published in *Circulation* showed that half of 151 patients with atrial fibrillation also had sleep apnea. This was compared to less than one-third of 312 general cardiology patients.

The study done by questionnaire found those with atrial fibrillation have a 2.19 times likelihood of having sleep apnea. And the association was higher with atrial

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HEALTH NOTES ... continued

fibrillation than other accepted sleep apnea risk factors, such as hypertension and obesity.

One possible reason for the connection is that the obstructed breathing caused by sleep apnea may lower your blood's oxygen content. This and high levels of adrenaline, the body's natural fight or flight response to the obstruction, could lead to arrhythmias.

But if you have atrial fibrillation and also suffer from sleep apnea, you must correct your apnea. The best way to do this is to use a mouth splint designed by my colleague Dr. Farrand Robson. I told you about these splints in the January issue and showed you the amazing results they bring. If you suffer from sleep apnea or even a hint of airway obstruction (such as common snoring), contact Dr. Robson's office (253-272-8651) for the name of a dentist close to you that he has trained. It could prevent or reverse heart problems and many other chronic illnesses.

Ref: "One In Four Adults Over 40 Could Develop Irregular Heartbeat," *Circulation*, August 16, 2004; "Irregular Heart Rhythm Linked With Sleep Disorder," *Circulation*, July 13, 2004.

One More Note on Atrial Fibrillation and Drug Use

If you have to take drugs for atrial fibrillation, here's something else you need to know. Most doctors aren't satisfied with stopping with one drug. They also recommend coumadin (a.k.a., rat poison) to "thin" your blood. There's significant risk to this, especially if you're older. However, there's hope!

(Continued on page 5)

To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

Could it be that the CDC is deliberately misinforming the public about the dangers of flu and the benefit of the vaccine? I think it's obvious. The flu vaccine is a huge cash cow for Big Pharma, worth hundreds of millions of dollars. In past years, no one paid much attention to the flu vaccine. Now terrorized Americans are demanding their shots. To the point that they're running to Canada and standing in lines all night for this worthless and potentially dangerous injection.

I think the connection is clear. So you can be sure I'm not rushing out to get a flu shot. In fact, the last time I got a flu shot was during the swine flu panic in the 1970s when I was a rather naïve medical student. Lots of people got horrible neurological damage from that vaccine frenzy. Fortunately, I did not.

But what if a Spanish flu-type pandemic were to hit the U.S.? Obviously, the vaccine wouldn't help you. So what's the answer?

Believe it or not, the answer was discovered back when the scourge hit in 1918. An Indian study published in *The Lancet* in 1920 showed how the mortality of the horrible epidemic was shaved almost 50 percent by the discovery of Dr. T.H. Oliver. He infused dilute hydrogen peroxide (H₂O₂) intravenously and had miraculous recoveries of those near death. This began the era of IV H₂O₂ use.

Since then, numerous studies have confirmed its safety and effectiveness for everything from circulation and infection to immune problems.

The late Dr. Charles Farr, considered the father of modern oxidative therapy and my esteemed mentor, scoured the world's literature on H₂O₂ use (see the enclosed supplement for more information). However, he did his own flu study on the Type A Shanghai Influenza outbreak in Oklahoma during the 1989-90 flu season. He took 40 patients seen in the first 24 hours of illness and tabulated a "Morbidity Index" (that is a scale of severity of symptoms). The groups were similar in ages (16-78) and sex distribution. Twenty received conventional therapy (antibiotics, decongestants, and pain relievers). Twenty received dilute H₂O₂ on the first day. Seven of these returned for a second treatment, and only two required a third treatment (both of these were over 70 years old).

The control group experienced a 50 percent recovery after 4.1 days, a 75 percent recovery after 7.8 days, and a

90 percent recovery after about 11 days. An average of two working days per patient was lost for a total of 41.5 days of employee absenteeism.

Compare this to the H₂O₂ group, which lost only a total of five days. They had a 50 percent improvement in 1.9 days, a 75 percent improvement in 3.2 days, and a 90 percent recovery after just 5.5 days. There was no toxicity found in the treated group. Even if the H₂O₂ cost \$100 per treatment, the total cost would have been \$2,900 for the treated group, compared to perhaps \$2,000 for the drugs used in the conventional group. The \$900 (\$45 per patient) difference saved 36 working days or almost two days per patient. Considering the huge toll the yearly flu takes on the American economy, \$45 in cost difference to save two working days is a steal!

Why does H₂O₂ work so well? Like its oxidative siblings, ozone and ultraviolet blood irradiation, it increases chemicals in your blood that are toxic to viruses and bacteria, yet harmless to your own cells. It stimulates oxygen delivery to inflamed areas so in need of the same. I've seen my own patients feel dramatically better from each of these three therapies, some even before the IV line was removed from their vein.

However, the best course of action is flu prevention. First, good sanitation, such as hand washing, is a must. And have the common courtesy of not coughing or sneezing directly on someone. Get plenty of exercise, sunlight (scarce in winter), organic and living foods, and clean water. Reduce your stress and completely avoid sugar and other refined carbs. I also think that vitamin C supplementation (four to six grams per day) confers an immune head start. It's not likely to prevent the flu by itself, but it will help. Cod liver oil provides abundant immune enhancing vitamin A and ample vitamin D so scarce in winter.

Locate your nearest oxidation physician by calling my publisher (800-728-2288) and requesting a list. In the event of a serious flu strain, or you just get hit hard, one of these very special colleagues of mine will likely provide you with more relief than all the drugs in the PDR combined. The vaccines are a crapshoot at best, but a guarantee to inject you with potential neurotoxic chemicals. Please enjoy the additional information on oxidative medicine and learn of attacks on your access to it in the enclosed supplement I've prepared for you!

HEALTH NOTES ... continued

The usual dosage prescribed by most doctors is enough to increase your blood's measured clotting (PT or INR) time to 200-250 percent above normal. But recent findings confirm a long-held practice of mine. For my patients who would rather take coumadin over natural therapies, my suggestion is a lower dose — just enough to raise the clotting test a mere 50 percent for the positive effects to take place. And recently reported information that this level will prevent deep, venous clots suggests I'm right. This practice reduces the toxicity of coumadin, while still providing the needed protection from clotting. So tell your doctor to lower the dosage.

Is Water a Cure for Cholesterol?

Several of you have asked me to comment on the book *Your Body's Many Cries for Water* by Egyptian-born Dr. Batmanghelidj. The book's premise is that the majority of human ills are due to dehydration.

One subscriber, Russell Cherne of Minnesota, forwarded the chapter on cholesterol in which the author claims that high cholesterol is a sign of dehydration. Dr. Batman (as he is known) says that when your cells get dehydrated, cholesterol production goes up. Your body makes this waxy substance to plug the cell membrane so that it will not lose more water. When your cells are fully hydrated, cholesterol production drops.

Dr. Batman recommends drinking two glasses of water 30 minutes before all meals. Doing so reduces the high concentration of digested molecules entering the circulation from the gut. It's this high concentration in the blood that leads to vascular damage.

Mr. Cherne tells me at least two members of his family have been able to bring cholesterol levels of 400 to under 200 without any other intervention after five months of this practice.

Dr. Batman reports that your chronic pain may also be caused by a lack of water,

(Continued on page 6)

HEALTH NOTES ... continued

and recommends drinking lots of it. This will help wash away toxin build up and inflammatory mediators.

Folks, this is probably the cheapest remedy you'll ever find. And it definitely has merit. It might not work for everyone, but there's no downside.

If you follow the typical American diet of dead, processed, or cooked foods, you most likely are dehydrated if you're not consuming large amounts of extra water.

Dr. Batman's book is inexpensive and available from Amazon.com for as little as \$7. While adequate, clean water is a must, I believe eating the right type of food is more important than the amount of water you drink. If you eat my Living Foods Diet, which I'll tell you about next month, you'll correct most of your water problems and perhaps many of your other problems as well.

High Cholesterol Can Prevent Alzheimer's Disease....

But only if it's the good kind of cholesterol — HDL.

A recent study on 4,000 healthy women found that those with the highest levels of HDL at mid-life had a huge 50-percent reduced risk of coming down with this debilitating condition.

The experts were at a loss for explanations. However, they suggested that HDL might help to clear out cholesterol deposits from the arteries, keeping up circulation. While 4.5 million Americans have Alzheimer's now, by 2050, some 16 million of us are predicted to have it.

A second study suggests that if you have high blood pressure, you have a significantly higher risk of Alzheimer's. Again, this suggests that circulation is a primary factor.

Action to take: Essential phospholipids, which are found in the supplement LipoFlow, help raise HDL cholesterol's scouring activity. It's available from Farmacopia (www.Farmacopia.com or 800-896-1484). Other supplements that may raise HDL include fish oil, niacin, poli-

(Continued on page 7)

You Can Chew Away Heart Disease!

It's no secret that the health of your gums can dramatically impact the health of your heart. For years, the only thing you could really do to protect your gums was to eat right, brush your teeth regularly, have professional cleanings, and floss.

But now there's another simple, inexpensive way to protect both your gums and your heart.

Actually, this new product will help more than your gums and your heart. It will help your entire vascular system, including your leg and carotid arteries. Remember the information on inflammation I told you about earlier this year? Well, one blood test of inflammation is C-reactive protein, high levels of which are closely connected to arterial disease.

Why should disease in your mouth be connected to disease in your arteries?

Periodontitis is a bacterial inflammation in your gums. Food particles get trapped between your gum and tooth. That creates a field day for germs. The food hides in a wet, dark place with low oxygen, and you've got a culture medium for bacterial growth.

After the germs set up shop, your immune system does take action. The battle leads to local inflammation. Acids and toxic products of the battle damage your gums and the jawbones they cover and protect. Both gums and bone recede, exposing your tooth roots. Eventually, the process evolves to loosen your teeth and they can fall out. This is the major cause of tooth loss as we age.

This process of local inflammation damages the protective gum barrier. Your gums can bleed and worse, allow both bacteria and their toxins into your bloodstream. This creates system-wide inflammation, which can go right to your arteries. Your doctors always look at cholesterol and blood pressure, but few consider a cause coming from your mouth.

According to a Surgeon General's report, severe periodontal disease affects 14 percent of adults aged 45 to 54 and almost a quarter (23 percent) of 64- to 74-year-olds. And that's severe disease. Most of you have it to some degree. I've had it as well. I once had bleeding gums, despite great pains to brush. It required intense professional cleaning. My gums that were enlarged due to the

inflammation have quieted down, reducing my risk for bone loss. I floss every day to remove debris that brushing cannot reach. Fortunately, the bleeding has stopped.

While professional cleaning requires someone else and cost, flossing is within your own control. Recently, there's been a wonderful innovation that may give you even more personal control.

Bacteria have an absolute requirement for iron. No iron, no bacterial metabolism. Suppose I told you about a means to soak up iron from your mouth to make it unavailable to the disease-causing germs. You're already familiar with what the process is, since iron is a mineral. The treatment is our old friend chelation. Only in this case, the treatment is local chelation within your mouth.

Chelation guru Dr. Garry Gordon has developed EDTA-based chewing gum. While flavored with natural sweeteners to make it pleasurable, the sweeteners he chose are not metabolized by or beneficial to the bacteria. Chewing the gum releases 125 mg of calcium EDTA locally in your mouth, which can deprive the bugs of their iron supply and stave them out.

Of course, the EDTA will make its way into your gut where some of it can be absorbed for other beneficial purposes, such as hauling out unwanted (heavy) metals from your blood. The cost is low as well, only \$12 for 100 pieces.

There are no studies on its use for periodontal disease. And we have no evidence that oral EDTA will leach metals from your fillings. However, this innovation might be of great help in fighting your periodontal disease. Please let me know how it works for you. If you're interested, you can contact Gordon Research at 800-580-7587 or Farmacopia at 800-896-1484.

Ref: *Med Oral.*, 2004 March-April;9(2):131-7, 125-31; *Circulation*, 2003 Aug 26;108(8):e58-9.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288
- International College of Integrative Medicine — 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine — 800-532-3688 or www.acam.org

HEALTH NOTES ... continued

cosanol — which you can find in Healthy Resolve's Advanced Cholesterol Formula (800-728-2288) — and curcumin.

However, here's the best advice I can give you — your diet! If you follow my dietary recommendations, you're already on the road to the best protection. Increasing intakes of natural protectors, such as onions, fish and flax oil, and soluble fibers found in apples, citrus, grapes, legumes, and fruit is the most biologic way.

Ref: *USA Today*, July 21, 2004.

Stop Bone Loss for Free!

If you're postmenopausal, you can reduce your bone loss without taking drugs or spending any money. All you have to do is exercise.

A study on 88 postmenopausal women divided the women into two groups. The first took vitamins and minerals only. The second added four sessions of exercise each week, two supervised for 60 minutes, and two at home for 25 minutes each.

After 26 months, the exercise group was found to be 35 percent more physically fit than the controls and had no bone loss, compared to losses in the non-exercisers.

Action to take: What more can I say? Exercise helps you at any age, under any circumstances. Please don't excuse yourself from the therapy offering the most and costing the least.

Ref: "Exercising After Menopause May Help Reduce Bone Loss," *The Archives of Internal Medicine*, May 24, 2004.

Coming Next Month...

- Most one-size-fits-all diets don't work. But there is one that takes off those unwanted pounds, prevents disease, and helps you live longer.
- Two popular foods can stabilize your blood sugar — and they're probably already in your kitchen.

LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I've noticed that one obvious sign of aging, even if the individual is in good health and maintains muscle mass with weight training, is the loss of subcutaneous fat. This is usually accompanied by an accumulation of fat to the viscera and the abdominal area. Is this caused by hormonal changes, aging, or something else? I haven't found much research on this. Is there any way to reverse this process? — Bonnie G., Georgetown, TN

A: Aging itself comes with natural processes. Gradual loss of subcutaneous fat seems to be one of these effects. However, I believe that the accumulation of abdominal visceral fat is more under your voluntary control than you know.

The hormone insulin is closely associated with aging. Additionally, excess levels directly lead to abdominal-fat accumulation. I'll be writing soon on the living foods diet. I believe that's the surest way

to lower your insulin level and avoid abdominal fat accumulation. I know several vegetarian "raw fooders," but I haven't seen one with abdominal fat accumulation. To the contrary, their bodies are youthful, lean, and muscular. My wife and I eat 80 percent of our food raw.

Keep your insulin levels low by following these diet recommendations and getting plenty of exercise. In excess, it's the hormone of aging and death.

Q: I'm extremely interested in exercise with oxygen therapy (EWOT). The problem is I have had no luck finding a physician in my area who will prescribe medical-grade oxygen for this purpose. I've found oxygen generators (separators), which yield up to 6.5 LPM for sale on the Internet. However, I understand that up to 10 LPM is the most beneficial. Can you help? — Russell L., Valhalla, NY

A: I'm glad you've decided to try EWOT or Multi-Step Therapy. It's a fantastic therapy that I recommend for just about everyone.

To get started, you'll need an oxygen tank or generator that can yield at least 10 LPM — that's the bare minimum. In fact, I recommend a flow of 15 LPM. You might check on eBay for a used machine. If you can't find one that yields more than 6.5 LPM, you may need two.

Concentrators from a supply store require a prescription, so you'll need to find an open-minded integrative physician. Look to an IOMA, ICIM, or ACAM physician. The phone numbers are listed on page 7.

Q: I'm 80 years old with Parkinson's disease. Do you have any recommendations that would help control or

reduce the drooling and nasal drip I experience? — Leo L., Highland Park, IL

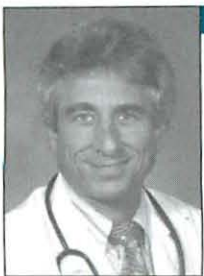
A: Parkinson's disease can be improved with CoQ10, 1,200 mg daily. Chelation therapy (IV and oral), bowel cleansing, antioxidant therapy (vitamins E, C, B complex, selenium, green tea), and oxidation therapy (UBI and ozone) all have a role.

Dr. David Perlmutter, a Florida neurologist, has reported very significant improvements with intravenous glutathione and oral support for the same. Constipation is a major cause of Parkinson's, so make sure you take natural steps to relax your colon.

I witnessed a woman with classic Parkinson's symptoms completely reverse her symptoms just by keeping her bowels clean and moving! Toxins from gut bacteria or ingested chemicals may be a big cause in generating free radicals that attack the special neurons.

Magnetic therapy may offer great potential (contact Dr. Dean Bonlie for more information — 800-265-1119). Avoid MSG at all costs. I'll be reporting soon on dramatic breakthroughs for chronic neurological disease based on inherited enzyme defects. Some of these are related to intolerance to MSG. Please stay tuned.

IOMA physicians will likely have the greatest breadth of modalities to work with you. For a listing, call my publisher at 800-728-2288. If your nasal drip is not Parkinson's related, try cutting out all dairy first. If that fails, the problem could be related to an upper airway disorder. Read the first Health Note on page 3 for more information. Then consider contacting Farrand Robson, DDS of Tacoma for a listing of professionals he's trained (253-272-8651).



Dr. Robert Jay Rowen's

SECOND OPINION

Supplement

December 2004

It reverses flu, arthritis, impotence, cancer, heart disease, and many other illnesses, but...

Your Access to This Miracle Cure Is Under Attack!

For years, I've been telling you about the benefits of one of my favorite therapies – intravenous hydrogen peroxide. I've seen it work miracles in cases of arthritis, heart disease, and cancer. And it's the best treatment I've ever seen for sarcoidosis, a deadly and conventionally untreatable lung disease.

You even read in this month's issue about the phenomenal results we've seen consistently for over 80 years with influenza cases.

But is this therapy all it's cracked up to be?

Seems like a silly question after all the evidence you've read through the years. Still, there are some in conventional medicine who would have you believe that because hydrogen peroxide therapy (H₂O₂) isn't "accepted" ... it's dangerous. In fact, the attacks against H₂O₂ have reached a fevered pitch in recent months, with one state ferociously attacking a doctor who has used H₂O₂ safely for many years.

As you'll see in this special free supplement, the evidence supporting hydrogen peroxide therapy is substantial. And the evidence against it is contrived.

Why Hydrogen Peroxide Is a Powerful Healer

Intravenous hydrogen peroxide is one of three well-known forms of oxidative medicine that have similar effects on your body's physiology. The other two therapies are called ozone

and photo-oxidation (a.k.a, ultraviolet blood irradiation and photoluminescence).

Each of these treatments cause natural chemical reactions in your body that help your immune system defeat invading organisms, including bacteria and viruses. Peroxide accomplishes this by donating a very active atom of oxygen and catalyzing many different biochemical processes in your cells.

If you're new to oxidative medicine, it might seem odd to add hydrogen peroxide to your blood. But it shouldn't. There's a tremendous pool of hydrogen peroxide already in your body. Your cells make large amounts of the stuff every minute as it burns oxygen. H₂O₂ serves as an intermediary of hundreds, if not thousands of chemical reactions. It directly generates critical hormones in your thyroid and adrenal glands. And it serves as the food for your white blood cells' missile defenses against invading organisms.

H₂O₂ is related to cytokine and interferon production, which are immune system hormones critical to mounting a major defense against invasion of viruses and other pathogens. It's involved in generation of nitric oxide, a blood vessel dilator. This gives peroxide beneficial effects on your circulation. It can oxidize and, thereby, remove toxic chemicals from your body.

There's even evidence that H₂O₂ will remove cholesterol deposits from blood vessels. And, most interestingly, there are no reports of

any toxicity of properly administered H₂O₂ intravenous therapy in the worldwide literature in almost 90 years of continuous use, and hundreds of thousands of treatments worldwide. The only negative I've seen in almost 20 years of use is that if given frequently, it can be hard on your veins at the spot of administration.

The Mountain of Supporting Evidence

When I first started using hydrogen peroxide, I was living in Alaska and it caught the attention of the local newspaper. The *Anchorage Daily News* carried a huge Sunday supplement. The September 2, 1990 issue was devoted to me. I was spearheading the nation's first statutory protection for alternative medicine and a lot of people were trying to discredit me. The paper's article was titled: "The Man They Call a Quack." Here's what it said:

"Rosalee Russell had stopped work altogether before coming to Dr. Rowen. She says she had chronically high blood pressure — sometimes reaching 208/110 — for which she had been on constant medication for the last four years. Rowen treated her with vitamins and minerals, oxygen therapy, and hydrogen peroxide IVs.... After about six weeks of therapy, Russell says, she was able to forgo all her medications. Now, for the first time in years, she maintains a blood pressure of 130/80."

Not only have I seen tremendous results with high blood pressure, but many other ailments have responded in amazing ways to H₂O₂ therapies. (See the side bar on page 3.)

With all this success, you'd think the med-

ical community would be embracing this, but they're not. Why? Because of Big Pharma.

Oxygen therapy's ability to treat multiple illnesses makes it a huge threat to Big Pharma. The drug companies have yet to produce a product that actually cures any ailment. They all treat symptoms, but none of them can cure. So therapies that are much cheaper and actually work, make the drug companies obsolete.

As a result, the attacks against hydrogen peroxide, ozone, and ultraviolet blood irradiation are powerful. The latest attack is one of the most vicious and could threaten your ability to find H₂O₂ therapy.

A Bomb Lands on Peroxide Therapy

Katherine Bibeau, a 53-year-old multiple sclerosis patient from Minnesota, received an intravenous treatment of hydrogen peroxide (H₂O₂) from my friend and colleague, Dr. Jim Shortt of South Carolina. That was on March 14, 2004. Four days later, she was dead!

Dr. Clay A. Nichols, the forensic pathologist conducted the autopsy on Ms. Bibeau. He declared the cause of her death was a lethal condition called disseminated intravascular coagulation (system-wide clotting and hemorrhaging) induced by the H₂O₂. He accused Dr. Shortt of giving the medical profession a bad name by using H₂O₂.

The county coroner ramped up the allegations and ruled the death a homicide. "A doctor or a dentist can have his license revoked for touching a woman's breast," Mr. Watts said. "He killed this woman. She would be here today if he did not infuse her with hydrogen peroxide."

In September, the story made national and international news. The South Carolina medical board raided Dr. Shortt's office. All of his patient files were confiscated, including those that had nothing to do with H₂O₂ administration. One such file seized belongs to a powerful South Carolina state senator whose family is receiving H₂O₂. Fortunately, he has come forward to protect the doctor he credits with saving his wife and protecting his health and that of his family.

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Still, Dr. Shortt is in a lot of trouble. He has already been charged, tried, convicted, and hung in the press. Millions of Americans, including possibly you, who have read or watched the news reports, will now be terrified of this treatment. But are the reports telling you the whole story of hydrogen peroxide and what really happened to Ms. Bibeau? If the accusations of the pathologist and coroner are true, you and I have **lots** to worry about. But are they?

The International Oxidative Medicine Association conducted an independent investigation of Dr. Shortt's case. A committee of six highly qualified doctors analyzed the case, including all the evidence the coroner viewed. I reviewed the entire case and the forensic pathologist's report, both as an oxidative physician and as one who served on a state medical board (Alaska). My mentor on chelation therapy, Dr. Garry Gordon, a board member of IOMA and

who currently serves on the Arizona Board of Homeopathic Medical Examiners, was also present, along with four other oxidative physicians.

The cause of death was listed as disseminated intravascular coagulation induced by doctor-infused hydrogen peroxide. While the pathologist blamed peroxide, he omitted all consideration regarding the impact of the woman's use of Tegretol, an anti-seizure drug that poisons the liver.

After close examination, though, we all determined the pathologist completely missed the likely cause of death. And it had nothing to do with peroxide.

The pathologist also failed to discuss an injection she received of a relatively new multiple sclerosis drug called Copaxone. Repeatedly listed among this drug's side effects are disorders of coagulation and bleeding problems. Post marketing reports on the drug have linked it to

Oxygen Therapy Works — Safely!

Oxidative therapies are exciting because they offer the potential to stimulate healing for so many (conventionally) untreatable problems. I don't want you to think that oxidation is a cure all for everything. Nothing is. But it's a non-specific treatment for a wide variety of conditions. It simply augments your immune system and enhances detoxification. Here's an example of how effective oxygen therapy is:

Angina — Jim was 65 and had such severe angina that he couldn't walk more than 50 yards. Between chelation and ozone therapy, he was hiking five miles daily through rugged mountainous terrain.

Arthritis — Melina is a 70-year-old woman who was an avid horseback rider. Her knees had degenerated to the point of being told she needed replacement. After several sessions of ozone placed into her knee joints, she reported a nearly 100 percent recovery of function which, so far, has lasted well over a year. She's now riding horses again.

Back pain — At a conference in Cuba, a team of remarkable Italian doctors showed how ozone injections into discs alleviates the pain and morbidity of acute herniation. I picked up on this pearl to help Christine. She forced herself to work in spite of debilitating pain. With a reverse curve in her lumbar spine; her anatomy in all honesty, was horrible. She request-

ed prolotherapy. However, I thought the ozone injections might work better in her case. Not having the benefit of fluoroscopy to insure needle placement into the discs, as did the Italians, I simply and safely placed the gas over the joints of her lumbar spine. The improvement was so great, she drove over 100 miles each way for her weekly sessions. Her pain dropped by well over 80 percent.

Cancer — Another Jim had recurrent bladder cancer every few months. He saw me for years for ozone instillation into his bladder. He didn't have any recurrences while receiving treatment.

Fibromyalgia — Sharon, a 30-year-old vivacious young woman, was laid off work from severe symptoms of fibromyalgia. She traveled 180 miles to Anchorage to receive her weekly photo-oxidation sessions. After 10 sessions, she was back hiking through the Alaska wilderness with her husband.

Yeast infection — Donnalyn's story also appeared in the Anchorage Daily News supplement. She was a 50-year-old woman plagued by chronic candida symptoms: fatigue, bloating, muscle aches, headaches, indigestion, period distress, and more. I put her on dilute IV H₂O₂ and supplements and her symptoms resolved completely.

infections and even sepsis (bacterial infection throughout the bloodstream). Sepsis is a known inducer of coagulation disorders. And the ER that first saw Ms. Bibeau listed sepsis as a diagnosis.

You don't have to be a board-certified physician to smell a rat: *The woman received an injection of a chemical reported to induce the very conditions she died of just one day before her death.* Yet the pathologist blamed peroxide and the coroner screams, "Homicide!"

IOMA's review completely exonerated Dr. Shortt's peroxide protocol. Further, we were able to locate a 1998 FDA warning letter to Copaxone's manufacturer admonishing the company for unsubstantiated claims of safety and effectiveness. We concluded that the death was more likely related to pharmaceutical drug(s) alone or in combination than peroxide. We felt that there was the possibility of gross negligence in the pathologist's omission of this fact in his findings.

We also concluded, "That a safe and most inexpensive therapy that could save millions of lives in the expected event of another great flu epidemic, as it saved almost 50 percent of dying patients so treated in the 1917-18 epidemic, has been falsely smeared and castigated in a time of great need for solutions to untreatable infections."

This is yet another example of traditional medicine blaming an alternative practitioner for a death induced by (a) pharmaceutical(s). Death and maiming by drugs remains acceptable. But complications are not okay with an alternative therapy — even if that therapy has never been known to cause the problem and was administered several days before.

Contrast this story with what has been published regarding Big Pharma's lies and deceit. It continually manipulates its data to the FDA and supports "research" with conflicts of interest. Former *New England Journal of Medicine* editor Marcia Angell, MD has repeatedly warned of the deceptions published in studies funded by Big Pharma. She's just released her new book: *The Truth About the Drug Companies: How They Deceive Us and*

What to Do About It.

We mourn the loss of Ms. Bibeau and lay the blame squarely at the feet of Big Pharma. We also find the actions of the South Carolina Medical Board and legal system, through a patently biased pathology report, inexcusable.

The press will have you believe that Dr. Shortt is a madman. But they conveniently overlook his success stories, such as the case of Kathleen Rush. Now 51, Kathleen was treated by Dr. Shortt for asthma that began in 1984. She often needed ER visits and *Prednisone*. She has high genetic risk factors for osteoporosis. She spontaneously miscarried several pregnancies because of low progesterone due to polycystic ovaries. Within one-and-a-half hours of receiving H₂O₂, an acute asthma attack resolved without steroids. She has had 30-40 peroxide sessions and has been drug-free for six years.

If you are a South Carolina citizen, you must deluge your state-elected officials and demand an independent investigation into Dr. Nichols' report. Demand that the death certificate reflect the real cause, not just Dr. Nichols' fantasies. If his report is left standing as is, your access to oxidative therapies could become a distant memory.

A corrupt system is putting a spin on this death and covering up the real cause, scapegoating peroxide and an alternative physician. You can find your state senators information at <http://www.scstatehouse.net/html-pages/senate-members.html>. And your state house of representatives information at <http://www.scstatehouse.net/html-pages/housemembers.html>.

If you're not a South Carolina resident, you can still help. Please consider a donation to Dr. Shortt's legal defense fund. A loss to the false allegations of the South Carolina authorities could lead to a permanent loss of your ability to access these incredible therapies. Please send your donations to: Free Choice Legal Defense Fund, c/o Transfer Point, 1073 Statler Rd., Columbia, SC 29210. Any funds left over will be used to secure protection for oxidation therapies and/or press for more medical freedom laws in still unprotected states.



Dr. Robert Jay Rowen's

SECOND OPINION

Vol. XV, No. 2

February 2005

Miracles of Medicine

Reverse Even Stubborn Cases of Diabetes

If you suffer from diabetes and a strict diet hasn't completely reversed it, a simple mineral can oftentimes correct your problem.

It worked for my best friend Ronald MacDonald. He's the one I told you about last year who had an almost lethal case of sleep apnea. His sleep apnea totally disappeared after Dr. Robson fitted him with an oral appliance.

Ronald also has moderate type-2 diabetes. Amazingly, the splint also helped lower Ronald's blood sugar. Airway obstructions will cause your body to produce too much adrenaline. And adrenaline raises blood glucose. When the splint releases the airway, it reduces the adrenaline, lowering blood sugar.

Before changing his diet and using Dr. Robson's appliance, Ronald's blood sugar never dropped below 200. In fact, in the evening, it would oftentimes hit 300. And in the morning, about 200. If he ate processed foods, it would rise to 400 and remain there for days. Fortunately, he hadn't yet developed any vascular problems.

Eight months with a strict diet and using the appliance dropped Ron's blood sugar to 150 in the evenings. But it wouldn't get any better — even if he were 100 percent compliant with the diet. If he cheated and ate processed foods, it would jump immediately to 300-400 and remain there overnight. The diet and splint helped, but they didn't do away with the problem. So I had to try something else.

Last August, while completing my research on iodine, I learned that iodine

(Continued on page 2)

Throw the PSA Test Out the Window and Use This Test Instead

There's a great way to determine the health of your prostate — and fight prostate cancer at the same time. But it's not the PSA test.

I've told you for years that the PSA test is one of the worst diagnostic tools you can use for prostate cancer. It's downright worthless at best, misleading and dangerous at worst. And now, two major medical articles have proven me correct.

The first article appeared in the *New England Journal of Medicine (NEJM)*. And the PSA deathblow just arrived in the October 2004 issue of *Urology*. This time, at last, bigwigs are taking heed of the findings. If you have had or are considering a PSA test, please read this carefully.

The *NEJM* article discussed a prevention trial of 18,882 men. Of these men, 9,459 were randomly assigned to receive placebo and undergo a yearly PSA test. During the study, 2,950 of those men (aged 62-91) never had a PSA level above four ng/ml or a positive rectal exam. In other words, they never had any clinical or lab diagnosis of cancer.

These same men underwent biopsy after seven years in the program. The results were shocking! Fifteen percent of the men had *positive* biopsies and 15 percent of these had high-grade cancer!

And that's just the beginning. Prostate biopsies are taken by random needle jabs into the gland. No matter how many sticks are made, there's no way to know if cancer lurks outside of the tract of the needle. So the real incidence might be far higher.

And that brings us to the second article, which was

Miracles of Medicine ... continued

might improve glucose tolerance. Iodine is required by all endocrine glands, not just your thyroid.

I wasn't sure if it would work, but I figured we had little to lose. So I asked Ron to take two tablets of Iodoral twice daily (50 mg total).

Now, just three months later, Ron reports his afternoon and evening blood sugar runs an incredible 70-80.

Amazingly, if he cheats, as he sometimes does, his blood sugar spikes only to 140-150. But unlike the past, it promptly returns to 70-80.

His morning blood sugar, which in a normal person drops due to overnight fasting, actually rises to about 140. I believe that's a sign that his sleep apnea isn't completely resolved. Since his greatest breathing problem is at night, it makes sense that his blood glucose would go up. We're planning another trip to Dr. Robson for adjustments to his appliance.

The first step in type-2 diabetes control is to eliminate refined carbohydrates and sugars from your diet. The second step is to begin exercising, which helps burn off any carbs that do make it into your diet. If you have sleep apnea, contacting Dr. Robson's office is your next step. His number is 253-272-8651. If all of these don't solve your problem completely, try taking Iodoral. You can order it by calling Optimox Corporation at 800-722-9040. Then try taking the two spices mentioned on page 3.

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written by Dr. Thomas Stanley, the man who originally told us PSA could be used to detect prostate cancer. The article, published in *Urology*, completely debunks continued use of the PSA for cancer screening. That's right, the man who first promoted the test has changed his mind!

He even went so far as to issue a press release saying, "The PSA era is over in the United States."

Wow, those are powerful words!

But there's more. He said, "Our study raises a very serious question of whether a man should even use the PSA for prostate cancer screening anymore.... Our job now is to stop removing every man's prostate who has prostate cancer. We originally thought we were doing the right thing, but we're now figuring out how we went wrong. Some men need prostate treatment, but certainly not all of them."

Check out those words, "how we went wrong." I want to stress them. Dr. Stanley deserves commendation for acknowledging his error. This is rarely seen in medicine.

So what should you do about PSA? First, if using PSA at all, I recommend the "free PSA" test. This test measures the percentage of PSA that is not complexed (free floating) versus PSA, which is complexed with other blood proteins. Prostate cancer tends to have more complexed PSA. The higher your free PSA, the lower the chances of cancer. I think this is a valuable test.

If you still decide to have a PSA test done, you need to use your own good common sense. A single PSA level means little, no matter how high it is (unless it's over 15 or so). Follow it over time. If it's rising quickly and the free PSA percentage is falling, chances are higher that cancer exists. Even then, I wouldn't rush off to biopsy. My treatment plan wouldn't change regardless of the pathology report.

If you want to prevent prostate cancer, I strongly urge you to have your vitamin D levels checked regularly. Doing so, and correcting any deficiencies, will reduce your risk of cancer by 80 percent!

Vitamin D is crucial in preventing prostate cancer. International vitamin D experts are now calling for a revision in the RDA, as there's no evidence of toxicity in daily intakes up to at least 10,000 IU.

I routinely measure vitamin D as 25-hydroxyvitamin D. While most folks are within the reference range, they are far from my ideal levels of 45-50 ng/ml or 115-128 nmol/l.

I currently have almost all of my male patients on a D3 supplement or cod liver oil (4,000 IU daily). I also suggest common sense exposure to sunlight. That doesn't include burning your skin.

This isn't all I do to treat the prostate, but it's a far better way to test for prostate cancer risk than the PSA test. In future issues, I'll have more treatments you and your doctor can use to successfully treat prostate cancer.

One final note: Several of you have asked about the AMAS test after seeing endorsements for it from other doctors. AMAS, which stands for Anti-Malignin Antibody in Serum, is an FDA-approved test that allegedly detects non-specific cancer antigen (protein). This means that even if it does work, and is positive, that you already have cancer. But the test cannot tell you where or in what organ.

I admit, it sounds great to have a cancer screen, even if it's non-specific. However, those of us with hands-on experience with AMAS don't have a positive view of the test. The Orthomolecular Society meetings in San Francisco attract some of the brightest physicians in alternative medicine. We had an engaging discussion of our AMAS experiences and none of us were pleased.

In particular, we repeatedly found negative tests when cancer was present, and in all stages (early, intermediate, and advanced). If the test is positive, it means you *may* have cancer somewhere in your body. But if negative, it would tell me nothing. What good is either reading? I abandoned the test many years ago, and many of my colleagues have told me they have done likewise.

You Can Reverse Chronic Illness Without Drugs, Tests, or Doctors

In the last few years, I've brought you many revolutionary new treatments that will reverse even the most stubborn chronic illnesses.

And this month, I've got another therapy that requires no doctor visits, no tests, no drugs, and no products to buy. It will restore your energy levels to that of a teenager. It will help you lose all the weight you ever wanted to lose. In many cases, it will even solve health problems you didn't know you had. And, best of all, it has

HEALTH NOTES

New Use for Popular Nutrient — Anti-Aging

New research suggests that you can slow your aging process by protecting your mitochondria. These are tiny furnaces in your cells that make energy for your body. And the best news is that there's a nutrient specially designed to protect these energy producers.

In experiments on mice, researchers genetically altered the animals to increase the number of mutations in their mitochondria's DNA. This caused the number of mutations in their mitochondria to increase three to five-fold.

The mice aged three times faster than regular mice did. Among other things, the genetically modified mice suffered from hair loss, osteoporosis, weight loss, and heart problems long before the regular mice. They lived to be only a third of the age of their non-genetically modified peers. Sounds like human aging to me, only faster!

The most critical protector of mitochondria is our old friend coenzyme Q10. This nutrient is the workhorse within the mitochondria for energy capture and protection from stray electrons (or free radicals) damaging critical membranes and DNA. Unlike DNA in the nucleus, the mitochondria's DNA cannot repair itself when damaged. Hence, anything you can do to protect your mitochondria is a wise idea.

CoQ10 is one nutrient I think everyone should consider regardless of diet. I suggest 100 mg of an emulsified version like the product carried by Healthy Resolve. This formulation has the most documentation behind it of all the formulations I've studied. If you have chronic illnesses, you may benefit from taking more (for instance, Parkinson's patients are now prescribed 1,200 mg daily).

Two Common Kitchen Spices Can Drop Blood Sugar Levels

If you have adult diabetes, this information passed on by your fellow *Second*

(Continued on page 4)

HEALTH NOTES ... continued

Opinion reader, Richard Culp, might interest you.

Richard reports that at least three people in his family were having rather "severe" problems with blood sugar control. Upon taking at least two tablespoons of regular yellow mustard, all three saw their blood sugar levels drop to well within the normal range.

Many plants have natural bioflavonoid chemicals known to enhance the physiology of the body. Hawthorne, for example, has crataegus, known to protect the heart. Bilberry from blueberries protects the retina. Mustard is loaded with colored bioflavonoids that may specifically help glucose intolerance.

Cinnamon is another spice that's been shown to do the same.

The USDA recently published findings on polyphenolic polymers (bioflavonoids) found in cinnamon. These compounds were shown to activate insulin receptors and deactivate enzymes that inhibit the receptors. This translates into making your own insulin work better so that your body won't produce dangerously high levels to control blood sugar. Higher levels are associated with heart disease, cancer, aging, and more.

Last year, a report following 60 Pakistani volunteers found that less than a half-teaspoon of cinnamon daily for 40 days cut the blood sugar, cholesterol, and triglyceride levels by about 20 percent. That's big news, especially for the average diabetic-prone American.

Action to take: The most important action in protecting yourself from adult diabetes is fat and refined-carbohydrate restriction. The next is exercise. The first

(Continued on page 5)

To order special reports,

books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

worked for almost every single case of chronic illness I've treated with it.

If it sounds too good to be true, take a look at what this therapy did for an entire family that suffered from various chronic illnesses.

Victoria Boutenko was panicked. Her family, recently emigrated from Russia, was ill. Her husband Igor, then 38, developed hyperthyroidism, bulging eyes, white hair, fatigue, irritability, insomnia, a galloping arthritis, and a pulse rate of over 150. He was told he needed electrical shock treatment to his heart, with a 10 percent chance his heart would not restart, and to wipe out his thyroid gland with radioactive iodine.

Victoria was overweight at 250 pounds and had developed a cardiac arrhythmia.

Her daughter Valya, sick since a baby, had developed asthma by age nine, and was easily winded and fatigued.

And her son Sergie, then nine, a heavy dairy consumer, weighed a hefty 104 pounds and had just developed juvenile diabetes. I recently met Sergie, now 20, and he told me his family's story.

After Sergie got diabetes, his mother looked everywhere to save him from a life of insulin injections. She got no help from the doctors, who told her that he had a 100 percent chance of going on insulin within months. His blood sugar was ranging from 200-400.

One day, someone gave her a radical suggestion: Stop eating dairy and heavily cooked foods and switch to a raw-food diet.

At first, she was a little leery. "Who could survive on raw food?" she thought. But the suggestion continued to nag her.

She eventually approached Sergie, who vigorously objected at first. But he was old enough to understand his bleak future and agreed to try the diet for two weeks. He went off dairy (a known cause of juvenile diabetes) and ate only raw food.

After two weeks, he felt so much better that he asked to continue. After five months, his blood sugar totally normalized. Now at age 20, the diabetes is long gone.

Igor tried the raw diet and within days felt better. He was totally free of his symptoms within a few months!

And Valya? On the raw diet, she completely shed her asthma and fatigue.

While the thought of eating only raw food may sound very difficult and unappealing, there's good reason to consider it. Cooking denatures protein and destroys nutrients. Denaturing means the destruction of the three dimensional structure of the molecule. Cooking actually changes the molecular structure of your food.

It becomes hard, if not impossible, to digest and nutrients become useless. Undigested material travels to the colon where bacteria "chew" these denatured products into a horrible putrefactive chemical soup.

Look at the vitamin content of a can of tomatoes and compare the vitamin C you get to eating raw tomatoes. Up to 90 percent is destroyed in the canning (heating) process. Not much different for other nutrients.

Raw food has enzymes that supplement the digestive juices of the host. If the ingested material is denatured, the digestive organs must go on overdrive to make up the shortfall, if they can at all.

Another example of how this affects your health is Doug Graham, DC, who grew up on antibiotics, had nasal tubes to drain his sinuses, always had severe dandruff, and his ailments progressed to crippling spinal arthritis. By age 23, he had severe degenerative changes in his neck. The only period of improvement was going vegetarian as a teenager. However, despite repeated visits to medical doctors, his condition worsened.

Finally, at age 25, he started a raw-food diet. In three years, all his symptoms were gone and his neck X-ray was normal!

I realize, of course, that the diet isn't for everyone. Some people live long, healthy lives eating cooked foods, including animal protein. And I've personally seen many people who didn't thrive on a vegan diet.

With that said, I do believe the vast majority of us will live a much healthier life eating raw foods. My wife and I eat about 80 percent of our food raw. And, next month, I'll show you how effective it's been in my life. I'll also show you simple ways to begin moving toward a healthier diet — even if you don't want to become a vegetarian.

If you suffer from any chronic illness, the Living Foods diet is definitely for you. It can cure illnesses that otherwise might not respond to any other treatment.

If you'd like more information on the Living Foods diet, I recommend you read *12 Steps to Raw Foods: How*

HEALTH NOTES ... continued

restricts blood glucose; the second reduces glucose by combustion without need for insulin. However, you might do your blood sugar, cholesterol, and triglyceride levels additional good with these two plant delights. If you find that they help your blood sugar levels, please let me know.

Ref: *Agricultural Research*, April 2004.

Simple Way to Prevent Age-Related Macular Degeneration

Mainstream medicine is slowly embracing the fact that supplements similar to those found in Healthy Resolve's Advanced Vision Formula can slow the progress of age-related macular degeneration (AMD). But now there's evidence you can prevent AMD by eating the right food.

Researchers from esteemed Boston hospitals recently studied 77,562 women in the ongoing Nurses Health Study and another 40,866 men in the Health Professionals Follow-up Study to find out how diet affected the health of their eyes.

The study found that participants who ate three or more servings per day of fruit had a 36 percent lower risk of the worst kind of AMD compared to those eating only 1.5 servings per day.

Interestingly, the researchers found that "none of the vegetable items appeared to be strongly related to either early or neovascular ARM risks, except that carrot intake had a weak, non-significant inverse association with the neovascular form."

The researchers believe it's the pigments found in highly colored fruit that protect against AMD. These are the flavonoids, potent antioxidants, and vascular protectors. Fruit protects against heart disease, AMD, and cancer, just to name a few illnesses. Three servings per day is a great start.

I strongly recommend you get your carbs from fresh fruit, not grains. Then finish it off with vegetables and complement it with raw nuts and seeds soaked overnight in water, if you need denser foods.

Ref: *Archives of Ophthalmology*, June 2004; *Stroke*, July 2, 2004.

(Continued on page 6)

HEALTH NOTES... continued

Does Aspirin Prevent Breast Cancer?

If new research reported in the *Journal of the American Medical Association* is accurate, then taking aspirin can cut your risk of getting breast cancer by 30 percent.

The article claims that women who take aspirin four times per week for at least *three months* cut their risk of developing estrogen-fueled breast cancer. This type of mammary cancer accounts for 70 percent of all breast cancers. But aspirin had no effect on development of breast cancers that are hormone-receptor negative (the remaining 30 percent). The researchers felt aspirin might be reducing estrogen levels in postmenopausal women, where the benefits were greatest. One "so-called" breast cancer specialist in Chicago hailed the report as a "landmark study."

So should you take aspirin to reduce your breast cancer risk?

I say, "NO." There are far safer and healthier ways to accomplish everything that aspirin can. You may already know that aspirin can induce stomach bleeding (a risk acknowledged by the authors of this study). So taking it to prevent one problem only causes another.

If you're interested in lowering estrogen, you can accomplish the same with the supplement calcium d-glucarate. It inhibits a bacterial enzyme in the gut, which can cause excess liver-excreted estrogen to be reabsorbed. I recommend 400 mg per day.

Estrogen gets metabolized in the liver to either the 16-hydroxy (cancer-inducing pathway) or 2-hydroxy (cancer preventing) pathway for excretion. One substance that pushes the metabolism of estrogen away from the dangerous 16 and towards the 2-hydroxy pathway is DIM (diindolyl-methane). I usually recommend 500 mg, three times daily.

One of aspirin's chief effects is the reduction of inflammation. Inflammation is a well-accepted risk factor for cancer as well as heart disease. You can reduce in-

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to *End Your Addiction to Cooked Food* and *The Complete Book of Raw Foods: Healthy Delicious Vegetarian Cuisine Made With Living Foods*. Both of these books, and many others, can be found on Amazon.com or at your local bookstore.

The Amazing Therapy That Reverses Cataracts

Several months ago, I told you about a wonderful treatment that helps reverse cataracts without surgery in many patients. The treatment is a mixture of DMSO and vitamin C that can be used as eye drops.

Research through the years has shown that lower glutathione levels increase cataract risk. So I decided to add it to the formulation. The results were miraculous, in many cases.

Since that report, I've heard from a number of you and the results have been encouraging, but not perfect. About 50 percent of those who tried the formulation said the drops work, while the other 50 percent said they haven't worked. When it comes to sparing or delaying eye surgery, 50 percent is a win in my book.

However, there's new evidence that you can add a treatment to the regular use of the eye drops that will greatly increase your odds of success.

We've had evidence for some time that heavy metals have nasty effects on the body and are a major cause of many illnesses, including heart disease and Alzheimer's disease.

But now there's solid evidence that lead in the body is connected to cataract formation. A study just published in the *Journal of the American Medical Association* examined 795 men, all over the age of 60. The researchers used a specialized X-ray to evaluate the lead content of their bones. Then they compared these values to an eye examination in 642 of them. The authors controlled for vitamins C, E, and carotene, which are known to protect against cataracts.

Men with the highest lead in their bones had 2.68 times the risk of cataracts than those with the lowest!

The authors concluded that commonly occurring lead levels in your body "may be an important unrecognized risk factor for cataract. This research suggests that

reduction of lead exposure could help decrease the global burden of cataract.”

Well, the absolute best way to reduce the amount of lead in your body is through chelation therapy. Even conventional medicine knows that chelation works for lead poisoning. This explains why chelating doctors have noticed through the years that cataracts often improve or clear with chelation.

It also gives us definitive evidence as to why the glutathione eye drops help clear cataracts in many people. Glutathione is the body's premier heavy metal scavenger.

But the real message here is that if you have cataracts, knowing a cause can lead you to help — chelation (whether with traditional IV EDTA chelation, oral chelation, or glutathione). I recommend intravenous chelation therapy, at least once a month, for everyone over the age of 50.

To find a doctor who performs chelation, contact one of the organizations listed below for a list of doctors. If you would like to try oral chelation, the best product (Essential Daily Defense) is available from Farmacopia (800-896-1484).

And don't forget supplements to increase glutathione and its activity: NAC, vitamins C and E (which help to recycle glutathione), alpha lipoic acid, undenatured whey protein, selenium, and nutrients commonly found in most high-quality formulations for your eyes. Healthy Resolve's Advanced Vision Formula (call 800-728-2288 to order) has adequate amounts of most of these nutrients.

Ref: Schaumberg, Debra A., ScD, MPH; Flavia Mendes, MD; Mini Balam, MD; M. Reza Dana, MD, MPH; David Sparrow, DSc; Howard Hu, MD, MPH, ScD. "Accumulated Lead Exposure and Risk of Age-Related Cataract in Men," *JAMA*. 2004;292:2750-2754; Special thanks to Dr. Thomas Hesselink, of Illinois, who sent me this study.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288
- International College of Integrative Medicine – 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine – 800-532-3688 or www.acam.org

HEALTH NOTES ... continued

flammation even more effectively the way God designed your body to do it — with omega-3 oils. Aspirin actually mimics the effect of these wonderful compounds on inflammation. Why settle for second best?

Abundant dietary omega-3 fatty acids modulate the cox inflammatory enzymes to the balance God designed, rather than artificially altering it with a chemical. Omega three oils can be found in cold-water fish, walnuts, flaxseeds, and hemp seeds. A good supplemental dose is one to two tablespoons of cod liver oil daily or two capsules of omega-3 twice daily. Two excellent brands are Carlson's and Nordic Naturals. If you're taking Healthy Resolve's Max Plus (800-728-2288), you're getting plenty.

Ref: *Journal of the American Medical Association*, May 26, 2004.

Final Note: Hydrogen peroxide is under attack in South Carolina, where Dr. Shortt is accused of killing one of his patients by using this safe therapy. I showed you in December how ludicrous the indictment is, but the story continues to unfold. You can find out all about the story and why it's impossible that hydrogen peroxide killed this patient simply by visiting my website www.secondopinionnewsletter.com/peroxide.asp. You can even follow the latest news regarding this story. And while you're there, don't forget to sign up for my e-newsletter for great health updates you won't see in this newsletter.

Coming Next Month...

- You already know about policosanol for fighting cholesterol, but now's there evidence something in your kitchen can help in the fight.
- If you have basal cell skin cancer, there's a new topical treatment that's a great alternative to surgery.

LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I've been on statins for six months and was recently diagnosed with congestive heart failure (CHF). I took last month's article on CoQ10 use and congestive heart failure to my doctor, so he tested my CoQ10 levels. He said my levels were normal. Why would I still suffer from CHF? — *name withheld*

A: It's very simple. In the same study I mentioned last month, which showed how CoQ10 can reverse early CHF, the researchers discovered that the CoQ10 levels measured during statin therapy were all over the place, both up and down in various subjects. So they could measure one week and the levels were normal. But the following week, they would be very low.

When they began supplementation, all but one of the participants saw their condition reverse. It didn't matter if their measurements were up or down, the CoQ10 supplementation caused the levels in seven of the eight who were measured to go up (one participant was unavailable for measurement).

And all seven of these saw direct benefits.

Because of this, the researchers concluded: "Because baseline levels of CoQ10 do not predict dysfunction, routine concomitant CoQ10 administration, especially in patients at risk, seems prudent." In other words, if you're taking a statin, you better be sure you're taking plenty of CoQ10 (up to 400 mg daily) — even if your doctor measures your level and says it's OK.

Q: I'm experiencing tremendous pain on my right heel. I'm sure it's either a plantar fasciitis or a spur. I've done some research and it sounds like surgery won't completely eradicate the problem. Could you please give me your opinion about this problem? I'm very active and enjoy walking a lot, but this is affecting my life very much. — *Frida N., Moultrie, GA*

A: I would search your body for interference fields such as a dead tooth, root canal, other dental

infection, and scars anywhere on your body or past traumas. These can be treated and fixed when detected. If they're the cause of the problem, the pain could resolve quickly, if not immediately.

Bowen therapy (www.bowtech.com) is a very gentle way to assist in bone spur resolution. I've also had success with injecting German homeopathics (Traumeel® Heel Company) and prolotherapy (www.getprolo.com) to the affected area.

Q: What do you think of the Cat's Claw offered by Longevity Plus? The website says it is TOA-free, as you specified. Is there something wrong with their claim? — *Ann B., San Antonio, TX*

A: No, Longevity Plus is a very reputable distributor, and I highly recommend their products. There are many distributors who sell an excellent quality TOA-free cat's claw, including NutriCology (800-545-9960). Shop for the best price and make sure it's TOA-free.

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While you're there, be sure to sign up for Dr. Rowen's FREE Health Alerts. In these health alerts, Dr. Rowen gives you late-breaking news you won't find in the newsletter. Simply click the link in the right-hand column. Fill in your information and click "subscribe." It's that easy. And remember, we'll never share your e-mail address with anyone.



Dr. Robert Jay Rowen's

SECOND OPINION

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October 2004

Miracles of Medicine

Scleroderma Cured!

If you suffer from scleroderma, you *know* that conventional medicine has nothing to offer. In fact, complementary medicine also has had very little to offer — until now! You're about to read about a treatment that produced a "miraculous" recovery of this dreaded disease.

Scleroderma causes the sufferer to get leathery, HARD skin and internal organs that lose flexibility. As it advances, you cannot bend your fingers, and you may not be able to swallow food if your esophagus becomes board-like as well. It attacks the digestive tract, kidneys, heart, lungs, liver, and often leads to terrible pain, crippling disfigurement, and total disability. It is truly a horrible disease.

Dr. T.R. Shantha sent me the story of Nancy Hoffman of Atlanta. Now 64, she was diagnosed with scleroderma in 1999 and was told she had about five years to live. She was almost bedridden within several months.

"At that time, I was experiencing pain, fatigue, depression, stiffness, restricted range of motion, low muscle tone and strength, poor appetite, changes in hair texture, inflammation of joints, thickness of skin, tight skin, and swallowing difficulties and heartburn. I could hardly dress myself."

Nancy was fortunate to have visited Dr. Shantha's office. He had just been trained in IPT (insulin potentiation therapy) and suggested it to Nancy. She received low doses of antibiotics, chemotherapy agents, and intravenous hydrogen peroxide.

Most innovative, Dr. Shantha developed

(Continued on page 2)

Many Breast and Prostate Cancers Are Caused by One Nutritional Deficiency

What if I told you there's a 90 percent chance you're grossly deficient in an essential trace element?

What if I also said there's a good possibility this nutritional deficiency could cause breast or prostate cancer?

Interested?

Well, not only is all of this true, but if you're deficient in this one nutrient, it also could be causing your fatigue, chronic illness, or many other ailments.

And, most amazingly, the cure for this nutritional deficiency could be sitting in your own medicine cabinet!

So what is this common nutrient that isn't so common in your body?

Iodine!

Everybody knows iodine is essential to your body. But few know how much is essential. In the 1800s, when iodine was discovered, doctors quickly found iodine alone cured most goiters (enlarged thyroid). Iodine was the first trace element proven to cure a disease, which ushered in the era of "modern medicine."

In fact, during the 19th century, iodine was considered the universal treatment: "If nothing else works, try iodine" was the adage. Considering the broad range of symptoms of thyroid deficiency (fatigue, hypertension, depression, hair loss, hoarseness, dry skin, constipation, cold intolerance, concentration difficulties, muscle cramps, menstrual problems, poor memory, inability to concentrate, weight gain, nervousness, infertility, irritability, bone thinning, just to name a few), no wonder it was promoted as the universal treatment.

While we consider iodine common, it's a relatively rare element, with 67 of the 92 naturally occurring ele-

Miracles of Medicine... *continued*

a new innovation to the IPT technique he calls "two-cycle IPT." I learned the details while attending the Second International IPT Symposium in Cancun in June. Nancy *tells me it's* far superior to anything she has yet experienced.

In her own words: "You will not believe me when I tell you that I bought and operated an Italian restaurant from May 2001 until January 2004. That is how much improvement I got from his wonderful therapy. The treatments that I have experienced have given me my life back." Nancy continues to receive maintenance treatments.

Scleroderma is likely an infection, with cell wall-deficient bacteria I've told you about in the past. IPT can make the use of antibiotics and other drugs far more effective and safe. Remember, there's always a place for conventional drugs. They just need to be used judiciously instead of wantonly.

While Nancy was not technically "cured," the dramatic change in her condition and return to normal life is unlike anything you will ever see with conventional medicine.

If you have a rheumatic condition, you might want to consider the powers of awesome therapies such as intravenous hydrogen peroxide and IPT. For locations of IPT physicians, please visit www.getipt.com and for a list of other integrative physicians call 800-728-2288.

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ments more abundant. There are not many good natural sources of iodine. It's found in seawater in low concentrations. Plants pick up iodine if available in the soil. However, iodine is more common on land close to coasts where winds can blow it in from evaporated sea spray.

Iodine is lacking in the American Midwest, where the "goiter belt" exists. Forty percent of Michigan's school age children had goiter in the early 1920s. When potassium iodide was added to salt, goiter (and cretinism) incidence dropped precipitously and immediately. Cretinism — a cause of deafness and mental impairment of children — is an iodine deficiency!

By 1950, goiter incidence dropped to 0.5 percent. Due to the success of this program, potassium iodine was routinely added to table salt in amounts of 110 PPM (parts per million). This equates to 77 mcg of iodine per gram of salt. While this amount was enough to shrink goiters, it pales in comparison to the amount the earlier researchers were using (12.5 to 37.5 mg daily). That's more than 100 times as much as that supplied in iodized salt.

Iodine is concentrated in the thyroid, where it's used to make the hormone thyroxine. What you may not know, and what medicine ignores, is that every cell in the body contains and uses the element. Large amounts of iodine are (or should be) stored in your fat tissues, liver, heart, salivary glands, stomach cells, parts of the eye that deal with aqueous fluid and intraocular pressure, and even in specific brain cells that are related to Parkinson's disease.

More than any other element, iodine is associated with intelligence. But that's not all. Your white blood cells absolutely require iodine to make *germ-killing compounds*! The stomach cannot make acid without it. And, if you're a woman, your breasts are a sponge for iodine. I'll tell you more about that *fantastic pearl* in a moment.

You already know that the RDA is set up merely to prevent severe deficiency states. No RDA of any nutrient was ever evaluated for optimal performance. For example, the RDA for vitamin C was set at a paltry 60 mg, just enough to prevent scurvy, when studies have shown that 50-100 times that amount optimizes immune system performance. The early goiter belt studies led to endocrinologists setting the RDA of iodine at about 150 mcg, just enough to prevent most goiters. These guys were not looking at, nor even considering iodine's impact on other tissues.

If you don't eat iodized salt or if you're on a salt-

restricted diet, where are you to get it naturally? The Lord in His wisdom gave us seaweed, which is able to extract and highly concentrate iodine from seawater. Iodine was discovered when a French scientist working with seaweed noticed a peculiar violet color emanating after acid had been added to the preparation. He termed it *iodin*, the Greek word for violet.

To more fully explain the iodine story, I need to explain a few terms regarding basic chemistry and pathology. Please bear with me for a moment.

Hypertrophy is the enlargement of cells to work harder for what is asked of them. For example, if you have *hypertension*, your heart hypertrophies to pump your blood in the face of greater resistance. *Hyperplasia*, on the other hand, is when cells divide and multiply more than normal. In the uterus, for example, monthly cycles of estrogen cause cells to divide (hyperplasia), thickening the uterine lining. When estrogen is withdrawn, the cells shed off (menses), protecting the woman. If these cells remain exposed to the estrogen, they will continue to divide abnormally and cancer can result. You know that estrogen use can lead to uterine cancer. That's how! While hypertrophy is not good, hyperplasia is downright bad.

It's critical for your thyroid to be producing adequate hormones. Every cell in your body depends upon it. So the thyroid is extremely adept at pulling iodine from your blood. As long as you get a minimum amount of iodine in your diet, your thyroid will find it. If you aren't getting enough iodine, you'll develop a goiter. A goiter is the result of the thyroid going into hypertrophy and hyperplasia (thus the large size of a goiter). And hyperplasia of any organ is an early step toward cancer.

The FDA has determined that the required daily allowance (RDA) of iodine is only 150 mcg. This is because clinical deficiency of iodine is foolishly held to be goiter (no goiter = no deficiency). For adults, the RDA range is 150 mcg, with up to 250 mcg set for a pregnant or lactating woman. The small amount of iodine added to table salt in those who used such salt was sufficient to prevent 90 percent of goiters. So the medical minds of the day thought they had iodine all sewed up. Trouble is, if you have clinical signs of any deficiency (scurvy, hypothyroidism, goiter) you're in the "terminal" stages of the deficiency, according to Albert-Szent-Gyorgi, the brilliant Nobel Prize-winning discoverer of vitamin C.

I contend that we should not determine minimum

HEALTH NOTES

"Double Whammy" Protects Against Heart Disease, Impotence

According to new research, the best way to cut your risk of heart disease is a combination of moderate exercise and dietary supplements. The research suggested that using both was far superior to using vitamins alone.

The American Heart Association, though, simply can't stand it. Instead of focusing on the benefits of exercise and vitamins used together, it had to use its mouthpiece, *Circulation*, to say that supplemental vitamins C and E don't protect you from heart disease. That's not entirely true. They may not offer huge protection by themselves, but they're an important piece of the puzzle. Remember, you've got to look at the whole rather than individual parts when it comes to your health.

Another research group did find that exercise alone protects mice bred to be prone to heart disease. However, when they added the supplements vitamins E and C and the amino acid L-arginine, the protective effects multiplied! Specifically, atherosclerosis was "reduced"!

The authors felt the effects were due to the nitric oxide (NO) production elicited by exercise and enhanced by arginine (physiological source of NO). The antioxidants vitamins C and E served as free radical scavengers in adding protection.

Nitric oxide is the wonder boy in medical research. You hear about it via the unceasing promotions for Viagra, Cialis and the like, which increase NO in the penis. This leads to vasodilation and greater blood circulation. NO is made by the inner lining of your blood vessels and is essential for their dilation, hence its sexual effects, as well as its ability to lower blood pressure.

Exercise does increase NO production. Arginine provides the raw material. So there's a synergistic heart-protective effect between the two. Far infrared saunas are now reported to do the same thing. This is

(Continued on page 4)

HEALTH NOTES ... continued

a terrific way for you to get the benefits of exercise without the workout, especially if you're physically impaired.

There are three morals to this story:

(1) Don't believe any medical report claiming no benefit from just one isolated variable. Scant few medical studies look beyond their nose, as did this study, which had the fortitude to evaluate two potentially synergistic variables.

(2) You don't need Viagra to increase your NO. Try exercise and arginine first. Then consider trying far infrared saunas. I personally will vouch for exercise and the sauna, fully experiencing the delightful impact they've both had on me. I will be writing more on far infrared saunas in the future. In the meantime, you can contact High Tech Health at 800-794-5355 for more information.

(3) The best approach to vascular disease is a combination. Don't rely on any one remedy. All factors combine together for *synergistic* effects.

Ref: Ignarro, Louis J. "Long-term combined beneficial effects of physical training and metabolic treatment on atherosclerosis in hypercholesterolemic mice," April 20, 2004; PNAS online, May 28, 2004.

You Can Slow Brain Aging Without Drugs

Aging and death are inevitable. However, you can live a full life in full possession of your mind and body until departure time. To help you achieve these goals, I've stressed the importance of physical exercise and proper nutrition. And I've also stressed mental exercise. Here's further proof.

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amounts of iodine needed for the body based on the thyroid alone. Let me explain. You see, the rest of your organs have greater difficulty finding iodine in your blood. This is good because it allows the thyroid to take out what it needs first before the other organs begin to use it. But in order for these organs to receive adequate levels of iodine, your blood needs to have an abundant supply.

The second largest concentration of iodine in the female body is in the breasts. To give you an idea of how much iodine your body needs, the breasts must have 100 times as much iodine in the blood to have their fill as does the thyroid! The same is true for the other endocrine glands, the prostate, stomach, and white blood cells.

What that means is that just because you don't have a goiter doesn't mean you have adequate levels of iodine. It also means that your mammary glands and these other organs could move into *hypertrophy* and *hyperplasia* because they don't have enough iodine! Again, those are the early steps toward cancer.

So how much iodine do you need? Prior to RDA guidelines, many free-thinking medical scientists were daily providing up to 100-400 times the RDA. Yes, you read that right! And this is still the standard.

So is that dose toxic? Iodine has gotten a bad rap from the medical mob. It seems their synthetic iodine-containing drugs, such as amiodarone and X-ray dyes can lead to serious allergic and even fatal reactions. Even though their literature clearly has fingered the synthetic molecule forms, iodine itself is blamed. None of these chemicals are found in nature. Of course, they should be *expected* to have toxic effects. But you can't blame iodine.

Still, some "experts" consider iodine to be toxic in just a little more than the RDA requirements. In fact, one recent medical publication blames iodine as a *contaminant* in preventing thyroid uptake of goitrogens (chemicals that induce goiters or serious thyroid dysfunction). Can you believe that craziness? This unfounded fear led to the removal of iodine from bread, used until a few decades ago as an anti-caking agent.

While 150 mcg may prevent goiter, it might take five to 10 mg to fill up the breasts. In fact, studies on rats confirm exactly that! And people are no different.

Japanese women have a very low incidence of breast cancer compared to American women. The same is true for Japanese men and prostate cancer. However, when natives move from Japan to America, their risk of these

cancers approaches that of Americans. We've always attributed it to adopting the American diet. But let's look closer. The average daily dietary intake of iodine in Japan is about 13.8 mg per day, some 100 times the American RDA. Japanese living closest to the coast take in up to 100 mg daily and these have the lowest incidence of breast cancer. I haven't seen reports of iodine poisoning either! Their diet is rich in seaweed.

How important is iodine to the breasts? Many of us integrative physicians have used iodine for decades to completely quell all symptoms of fibrocystic breast disease and menstrual-associated breast pain. Why? Because iodine is an absolute requirement to reduce unbridled sensitivity of mammary cells to estrogen. Without it, estrogen effects can run rampant! Estrogen is a well-known carcinogen. Animal studies confirm that iodine deficiency makes mammary glands much more susceptible to damage from injected estrogen!

I hope you're beginning to see how important iodine is to your health and why you're likely deficient.

What I haven't told you yet is how iodine deficiency could also be the cause of your fatigue, chronic illness, immune defects, and lack of stomach acid.

Next month, I'll show you how iodine deficiency can lead to these problems. And I'll tell you how to test your iodine levels and fix any deficiency. You won't want to miss it.

California Medical Freedom at Last

As many of you know, I've been involved in the drive for medical freedom in this country for many years. And now, I've got fantastic news for you from the state of California.

My drive for medical freedom started in Alaska, the biggest state with the smallest (but most conservative) population. From there, medical freedom spread like wild-fire to 14 states. But along the way, it somehow missed the most liberal and progressive state (which also happens to be the largest in state population and the third largest geographically).

When I moved from Alaska to California following my marriage three years ago, I was terrified at the

HEALTH NOTES ... continued

Three studies compared the Simon Task performance on a total of 104 mono and bilingual 30-59 year olds, and 50 more 60-88 year olds. The Simon Task measures your reaction time without you having to be familiar with the content. It also measures aspects of cognitive processing that decline with age.

The bilinguals responded faster in all aspects, in a performance setting controlled for confounding variables. The researchers concluded that lifelong use of two languages inhibits age-related declines in mental function.

Action to take: While this study looked at those who were bilingual from at least age 10, it's never too late to give your brain some exercise. From my reviews, it matters not whether the exercise is two languages, puzzle solving, crafts, etc. The activity must be active, not passive like television. Exercise your brain and slow its aging!

Ref: *Psychology and Aging*, June 2004. "Being Bilingual Protects Against Some Age-Related Cognitive Changes, Says New Research," American Psychological Association, June 13, 2004.

How Changing the Way You Sleep Can Improve Your Health

One of my IPT mentors, Indian-born Dr. T.R. Shantha, whom I mention in the Miracles of Medicine section, has provided me with some ancient health wisdom from India to share with you. A 16th century poet and social philosopher, Sarvagna Vachana, laid out three principles for keeping the doctor away.

The first was to lightly exercise after eating (i.e., take a walk) and the second is to keep your body warm. Finally, he recommended that you sleep on your left side, with your right side up. Doing so can improve your brain function, help your heart, and has many other health benefits.

The heart is on the left side of your body. It has to work against gravity to pump to your brain. During sleep you can get gravity to assist your heart by sleeping on

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HEALTH NOTES ... continued

your left side. Venous blood from the body and the pulmonary system will enter the heart with an assist from gravity. Meanwhile, due to the curvature of the aorta to the left as it arches down to the body, your heart will not have to work against gravity if you sleep on your left. Furthermore, since the heart is also on the left, gravity will allow easier penetration of blood into the coronary arteries to repair and restore your heart, since it's working less.

Sleeping on your left allows gravity to move the intestines away from the thin walled inferior vena cava, the great vein bringing blood back to the heart from the lower part of the body. Less pressure is needed for your blood to move through it, speeding up return to your heart. Less stagnation causes less risk of clot formation. Getting this blood to move with less impedence may reduce the risk of deep venous thromboses. Also, the peculiar anatomy of the lymphatic drainage from the abdomen into the thoracic cage is enhanced by lying on your left.

Sleeping on the left keeps food in the left side of the stomach, away from the exit on its right. This allows more complete stomach digestion of any contents still there at bedtime. The liver and gallbladder, high up on the right can more easily drain themselves of bile resulting in less accumulation of old bile in these organs. Pancreatitis is a horrible inflammation of that organ often caused by bile entering into its duct. Sleeping on your left prevents this by retarding the pancreatic juices from being dumped directly from this left-sided organ into the duodenum. If that were to happen, the duct would quickly empty possibly allowing bile to fill the void.

Sleeping on your left allows easier movement, via gravity, of large bowel contents from the right side to the left for elimination the next day. On your right, the large bowel may be more prone to accumulating too much food, requiring excess pressure to move it along, possibly resulting in diverticulosis. Gravity assisted passage

(Continued on page 7)

prospect of facing an unfamiliar board with a long and extremely hostile track record toward alternative medicine. In fact, several of my buddies had to flee California years ago to take up life in Nevada (where an open-minded homeopathic-medicine licensing board awaited them).

The first month after I arrived, I witnessed a brilliant physician's assistant get viciously reamed because of his use of darkfield microscopy, even though there was no patient complaint and the patient actually benefited from the service. Seems his physicians were embarrassed at missing the problem. Rather than learn from him, the physicians' HMO complained to the medical board about his style of evaluation.

Through the past several years, Frank Cuny, of California Citizens for Health Freedom, has been patiently and steadfastly lobbying the legislature for Alaska-type protection. I arrived just in time to provide testimony to the legislature and board on the need for statutory change. "There was just no other way alternative docs could be protected from dogmatic bias. Indeed, there have been greater rights in California for a woman to terminate a pregnancy than for her to get unconventional treatment for her breast cancer in the privacy of her doctor's office. That seems like an oxymoron to me." Since I was a former Alaska Medical Board member, they listened intently.

A few years ago, rather than just slam the medical board for its bias, the legislature demanded the board itself fix the problem. The board took up hearings all over the state, and found that there was a statewide cry for reform that would require statutory change. The board at last proposed a bill. But certain *interpretations were left* arbitrarily up to the board. This was unacceptable to those of us fighting for freedom.

In the early stages, the California Medical Association wanted to see such a bill. It was mortified at the horrific delicensure of an outstanding environmental and allergy physician, Robert Sinaiko, MD as a result of a witch-hunt. Suddenly, the CMA realized arbitrary witch-hunts could happen even to orthodox physicians.

As the bill progressed, though, the CMA surprised us all and changed positions, opposing the bill. I'm happy to say that the CMA had little sway in the matter, as the bill passed the Assembly over CMA opposition by a whopping 52-0. That was even more lopsided than the Alaskan vote!

This bill prohibits the board from disciplining a physician for alternative methods when:

- (1) A good faith prior exam has been made.
- (2) A medical indication exists for the treatment or it is provided for the patient's health and well being (the heart of the compromise!).
- (3) Informed consent is obtained.
- (4) The methods must not result in unnecessary delay of needed conventional treatment.
- (5) The methods must not cause death or serious bodily harm.

The last provision is the most troubling, since it's well known that even the most seemingly benign treatment (like aspirin) can result in death in rare cases. Again, we're being held to a higher standard than the conventional mob, which literally has a license to kill. But we have gained an enormous amount of ground.

The next step will be to eliminate another draconian law — criminal penalties for physicians who treat cancer with anything other than chemotherapy, radiation, and/or surgery. As horrible as this scenario sounds, it's real and on the books. That effort will not bear fruit until next year at the earliest. The Mexican border clinics can continue to soak up all the dollars from desperate Americans, to the detriment of the California economy and possibly the patients.

My heartfelt thanks to Mr. Cuny and his staff for unceasing efforts in the face of hopelessly low funding and opposing big guns.

My thanks to those of you who lobbied or rendered *other help for the change*. We'll need you again next year. Please consider assistance of any kind to the California Citizens for Health Freedom (530-534-9758 or www.citizenshealth.org).

While a huge victory was landed here, the California legislature is considering other draconian legislation. One bill will create a separate state-type of FDA, giving Gestapo-like powers to regulate nutritional supplements. Another is a sneak attack to be sure that all Californians are dumping grounds for rat-poison fluoride. One battle won, but the war is far from over. California is the proving ground for the nation. Your help in California is your first line of protection no matter where you live in America!

HEALTH NOTES ... continued

may assist in a more natural and complete evacuation the following morning.

So you can see that the little pearl from an Indian philosopher 500 years ago can provide you with a no-cost means of enhancing the restorative processes of sleep, for a longer and healthier life.

Mad Cow Infection Is Widespread

Folks, as more and more evidence comes out, I'm more convinced than ever that I have to steer you away from a meat-based diet. While the health troubles being caused by meat are enough to convince me, the mad cow situation may trump everything. You see, British scientists examined 12,674 stored appendix and tonsil samples and found three positives for signs of the devastating prion disease. They translated that to an alarming 3,800 British subjects who may have the disease without knowing it. Worse yet, most were from people aged 20 to 29, the peak age for developing Creutzfeldt-Jakob disease, the human mad cow variant. As that group ages, we might expect to see the numbers grow significantly.

Action to take: I will soon be covering the living food diet, the one I follow and that I believe is the foundational diet for everyone. Mad cow disease is a product of the depravity of the meat industry, which was feeding ground-up parts of other dead animals to normally grass-eating animals. Save your brain. If you must eat beef, make sure it's from certified organic and grass-fed cows.

Ref: "Thousands may have human form of mad cow disease," American Psychological Association, May 21, 2004.

Coming Next Month...

- If you suffer from diabetic retinopathy, there's evidence a simple therapy can provide dramatic relief — and you can do it in your own home.

LETTERS


Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: Is artemisinin only for metastatic disease control – or are there other applications? My local nutraceuticals store has heard of artemisia, but not artemisinin. Can you explain the difference and where I can find artemisinin? — *Willis C., Des Moines, IA*

A: Artemisia is the parent herb; artemisinin is the concentrated extract. Artemisinin is believed to be the key active compound and is the world's number one treatment for malaria. I also use it for other protozoal parasites, such as ameba. There are many sources. The brand I use is NutriCology (800-545-9960). But you can also find the product at Farmacopia (800-896-1484).

Q: Your cataract cure (DMSO, vitamin C, and glutathione) is very intriguing. My dear neighbor suffers from glaucoma and has early stage cataracts. She's afraid this formulation may cause some problem with her Xalatan prescription. Will your

formulation cause problems with her glaucoma prescription? — *Maurice L., Hudson, FL*

A: I know of no contraindications, and have seen some improvement in glaucoma of one patient. However, I would not count on improvement for glaucoma. The bottom line is that when it comes to eyes, I defer any opinion to an ophthalmologist. There's too much liability with all the possible visual problems and interactions. So check with your ophthalmologist to make sure.

Q: You recently mentioned using EDTA chelation for removing lead from the bloodstream. Removing mercury from my bloodstream has been on my mind for a long time. I'm afraid to do so because I read articles about the mercury traveling to the brain when you try to remove it. What do you suggest for safely removing mercury? — *Herbert C., Warrenton, VA*

A: EDTA is not the best chelator for mercury. I prefer sulfur-based compounds, such as DMPS or DMSA. I also like to use garlic!

Anything that raises your own glutathione is sure to enhance heavy metal excretion. Such supplements would include alpha lipoic acid (300 mg daily), vitamin C (4,000-6,000 mg daily), NAC (500 mg, two to three times daily) and undenatured whey protein. I also like EDD from Gordon Research (928-472-4263), which has a number of oral metal chelators (including EDTA — quite useful preventing mercury in your gut from being reabsorbed). Fine brands of all these items can be obtained from Farmacopia (800-896-1484).

I'm aware of the concerns about mercury moving to the brain when using these oral supplements. However, in 17 years of

being in the thick of hundreds of patients' treatment for mercury, I've never seen one worsen with this regimen. Many had obvious neurological challenge, such as brain fog and tremor. But I can't think of one who didn't improve as mercury levels declined.

Q: My son gets sick quite often and he has bad allergies. He took his temperature every morning for several days and it was low, meaning his thyroid function is low. Since his blood work for thyroid is always "normal," his doctors won't prescribe any medication for him. Do you have any suggestions? — *Been-ling M., Allison Park, PA*

A: If the temperature is really low (less than 97.8°F orally), I'm suspicious of low thyroid regardless of the blood tests. In fact, the most recent medical literature is now holding that blood tests are inaccurate for physiologic thyroid function. Most doctors erroneously presume that if the TSH (thyroid stimulating hormone) of the pituitary is normal, the patient has normal thyroid metabolism. That is a false assumption! The best easily available blood indicators of thyroid function are the "free T3 and free T4."

I prefer a clinical trial of low-dose desiccated thyroid and following the temperature and heart rate. I like to see symptoms improve and temperature come up, hopefully to 98°F, without a significant rise in heart rate.

Getting sick quite often is another matter. His immune system may be thirsting for nutritional support. He also may be harboring toxins or even infections. Please have him evaluated by a competent integrative physician. On both fronts (thyroid and illness), it's possible he could be deficient in iodine. Please see this month's lead article for more information.



Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine

Vietnamese Herb Reverses Prostate Cancer

Last year, I told you about Crinum, an herb from Vietnam that fights prostate problems. If you have prostate or ovarian cancer, Crinum could be the answer you're looking for. Just ask Colin Pham.

Colin is a 52-year-old contractor who told me, "I was diagnosed with prostate cancer in 1999 with a PSA of 40 and my biopsy confirmed prostate cancer. My doctor recommended surgery, anti-hormone therapy, and radiation.

"My brother's daughter urged me to purchase Healthy Prostate/Ovary formula. My symptoms were frequent nighttime urination, and difficult and painful urination during the day. I improved quickly within five days after the commencement of the herbs, and my sleeping patterns became progressively better each day.

"After three years of taking the herbs, I had a check-up with my urologist and for my curiosity I requested a prostate biopsy. To my surprise and my doctor's, there were no cancer cells present in all slices of my biopsies.

"During the three years of taking the herbs, my PSA fell to 12 and then rose to 20. I have no symptoms and I feel great."

Colin is just one of many from whom I've received written feedback. Additionally, most of my personal clients report significant reductions in nighttime urination using Crinum.

Even if Colin still has cancer missed by the biopsies, the change in PSA over three years is insignificant. He's had a terrific

(Continued on page 2)

Wipe Out Fatigue, Chronic Illness, and Immune Disorders and Feel Great!

Last month, I told you that many breast and prostate cancers are caused by one nutritional deficiency.

What I didn't tell you was how this same deficiency can also cause fatigue, chronic illness (such as Graves' disease), and autoimmune diseases. And it might even cause your indigestion!

The great news is that there's a simple test to determine if you're deficient — which you probably are — and an easy way to correct the deficiency.

How can I be so sure you're likely to have this deficiency? Because the nutrient — iodine — isn't found in many of our food sources. Here's why:

Forty years ago, the food industry regularly added iodine to store-bought bread. One slice of bread once contained about 150 mcg iodine, the whole day's RDA. Your average diet in 1960 contained about one mg of iodine per day, with bakery products providing 726 mcg. This amount was enough to significantly reduce your thyroid gland's ability to absorb radioactive iodine. It also was enough to lower excess thyroid hormone release, preventing hyperthyroidism. And it would provide more availability of iodine for your breasts or prostate.

Then it was withdrawn for fear of adverse effects from too much iodine. I showed you last month that it's very difficult to get too much iodine from food. But to make matters worse, the food industry decided to replace the iodine with bromine.

Bromine belongs to the halogen group of elements, also containing fluorine, chlorine, and iodine. All these elements have similar electrochemical properties, with bromine and iodine the most similar because of their larger sizes. To the thyroid, bromine looks like iodine and

Miracles of Medicine ... *continued*

quality of life, when with conventional methods, he would likely be far less happy.

Can you expect Crinum to work for you?

Nothing works for everybody, but you might remember the result of one Vietnamese clinical study I cited last year. The study was conducted on patients with benign hypertrophy of the prostate — 158 of these patients were given a Crinum-based herbal preparation two times daily.

In 64 days, patients were evaluated by clinical and ultrasound examination. Researchers found clinical symptoms resolving with prostate size reducing to normal for 154 patients (97 percent).

The follow-up after three years confirmed a high rate of long-term success for those who finished the therapy.

Crinum appears to be living up to its promise. So if you're dissatisfied with conventional approaches to your prostate problems, you might consider this herb.

Crinum is available in the formulation Healthy Prostate/Ovary and can be purchased from Farmacopia (800-896-1484), NutriCology (800-545-9960), and Get Well International (888-522-4372).

I'll be reporting to you on another terrific breakthrough in the management of prostate cancer in future issues.

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tightly binds to thyroid iodine receptors. However, bromine doesn't help the thyroid the way iodine does.

And, what's worse, it also inhibits iodine's activity. Once the food industry stopped enriching your bread with iodine and replaced it with an element that doesn't work, and knocks out any remaining iodine, your body suffered a double whammy. Since the switch was made, Americans, across the board, are becoming severely deficient in iodine.

This deficiency is causing some terrible health problems.

Researcher Guy Abraham, MD, my mentor on the subject, has amassed a ton of literature to prove the disease connection to iodine deficiency. Here are just a few:

Fatigue — An underactive thyroid typically causes fatigue. Iodine supplementation can quickly activate the thyroid and relieve fatigue. Dr Abraham reports iodine deficiency may harm pituitary-adrenal function in rodents. Your adrenal is essential for energy and stamina.

Thyroid disease — When there's not enough iodine to bind with cell membranes, it allows enzymes called peroxidases (which can damage those membranes) to wreak havoc and cause autoimmune disease, such as thyroiditis (Hashimoto's or Grave's).

In fact, Dr. Abraham has several cases of both thyroiditis and *hyperthyroidism* (not just hypothyroidism) that have corrected after sufficient iodine/iodide supplementation.

For over a century, high doses of iodine have helped both hypothyroidism and hyperthyroidism. Many doctors fear giving too much iodine will cause *Hashimoto's to worsen*. But this usually isn't the case.

While iodine will help the thyroid increase the production of hormone where necessary, it also inhibits over-release from the gland by giving thyroid enzymes what they want. These iodine-seeking enzymes that attack thyroid membranes can be normalized when they get the iodine they need. This old information is terrific news for the many people (usually women) who have been told to have their thyroid removed to end hyperthyroidism. These draconian measures ensure the patient will have to rely on prescriptive thyroid hormone for the rest of their life. But iodine can completely solve the problem.

One 1860 French physician mistakenly gave a tincture of iodine when he meant to give digitalis to a woman with Grave's Disease. She recovered within three weeks.

When he discovered his mistake, he switched to digitalis, and her symptoms came back. He switched back to the iodine and achieved a remission.

Poor digestion — I showed you last month that many organs need iodine, but can't absorb it until the blood measurements reach very high levels. The stomach and salivary glands are two such organs, but they can't uptake iodine in any significant amounts until the blood level reaches 100 times what the thyroid needs. Most people do not produce enough stomach acid as they grow older. I firmly believe low gastric acidity can be caused by iodine deficiency, as iodine promotes stomach acidity!

Breast, ovarian, and skin cysts — In addition to fixing almost all cases of breast cysts, iodine also has a remarkable healing effect on ovarian cysts, and even on skin cysts. (For the latter, I recommend rubbing in iodine right over the cyst.)

Dementia and glaucoma — Iodine is found in large amounts in the brain (including the parts of the brain associated with Parkinson's disease) and the ciliary body of the eye, a possible factor in glaucoma.

Other illnesses — Iodine reduces the dangerous activity of lipoprotein(a). When elevated, this protein can lead to excessive blood clotting and vascular disease. Iodine has been used successfully in headaches, keloid formation, parotid duct stones, and Dupuytren's and Peyronie's contractures. Doses up to six times the RDA have been used safely for months to combat the excessive mucous in chronic lung diseases.

Now that I've shown you how important iodine is to your health, it's time for you to find out if you're deficient. Actually, you already know that you probably are deficient, but there are times when you might need to know for sure.

Some of you may remember a simple patch test I recommended several years ago. With this test you would simply swab a quarter-size patch of iodine on your skin and watch to see how fast it would disappear. Unfortunately, I can't continue to recommend this test. While it won't harm you, it's simply not accurate enough. There is a test now that's far more accurate and is fairly inexpensive.

The test was developed by Dr. Abraham and is called a loading test. With this procedure, the doctor administers four iodine tablets. If your body has all the iodine it needs, you would expect to urinate out most of

HEALTH NOTES

Popular Arthritis Drug Removed From the Market!

Here's galactic news that you first read about in these pages more than three years ago! I told you in July 2001 that the new breed of drugs called cox-2 inhibitors suppresses an enzyme (cox-2) that encourages blood vessel growth in your heart.

At that time, researchers wouldn't face the truth "until more studies were done." Here was my response, "Could we be trading pain relief today for a rise in heart and circulatory disease tomorrow? We won't know for years, which means the toxic effects of these drugs won't be known until a substantial number of people are harmed first."

Well here it is! On September 29, 2004, Merck withdrew its blockbuster drug Vioxx after studies showed that its use increased the risk of heart attacks. Of course, Merck's stock value plunged 27 percent on the news.

Vioxx and a companion chemical, Celebrex, have been heavily promoted as anti-inflammatory drugs for conditions such as arthritis. Concentrating on cox-2 rather than cox-1, like older pain-relievers, it was believed they were safer for your stomach, which is very susceptible to anti-inflammatory drugs. However, when taken for long periods, this supposed safety profile doesn't pan out, and now we see some terrible problems.

In a *New York Times* article, the real truth behind the drug companies was finally exposed. The article, by Barry Meier, said, "In many ways, the short but highly profitable history of Vioxx may prove to be a story about the triumph of marketing over science. Even though worrisome evidence began to emerge shortly after the drug's approval five years ago, sales of Vioxx soared to \$2.5 billion last year on the strength of one of the biggest direct-to-consumer marketing campaigns yet for a prescription medication. In the

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HEALTH NOTES ... continued

first six months of this year alone, Merck spent an estimated \$45 million advertising the drug."

It just amazes me that the fools at the helm of the sickness industry will exchange truth and their souls for profits.

Fortunately, you have wonderful alternatives. Herbal anti-inflammatories, such as curcumin, bromelain, ginger, omega-3 fatty acids, etc., do a bang-up job of reducing your inflammation with near zero risk.

While Pfizer contends its Celebrex is safe, none of its studies have been done for more than a year of drug therapy. The trouble with these products is with long-term use. Once these studies are done, Celebrex likely will come off the market. Stick with the herbs and avoid these drugs.

The "Real" Nattokinase Is Approved

It's possible your doctor could use leeches on you sometime soon. Why? The FDA has just approved leeches as a medical device. And for good reason. These creatures can help in the reattachment of limbs and skin grafts by removing pooled blood.

However, they also have another benefit. They release enzymes into the bloodstream that help to prevent clotting. This is the same mechanism of action as nattokinase, lumbrokinase, and other similar enzymes I've discussed in these pages.

Leeches were widely used as an alternative treatment to blood letting and amputation for several thousand years,

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To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

the ingested amount over the next 24 hours. If not, your body would hold on to a significant amount of the iodine and you would know that you're deficient.

But I'm not sure you need the test. David Brownstein, MD, author of the wonderful new book *Iodine*, (available by calling 888-647-5616) also was performing loading tests on his patients. However, Dr. Brownstein and I stopped most of the tests after nearly every test we performed returned positive for deficiency. Now I just start iodine supplementation in any condition where iodine is a known factor.

I do recommend a test under certain circumstances. If you're taking an iodine supplement for several months and experience no clinical results, you might have a problem with absorption. That's when a test should be performed. It commonly takes three months of supplementation to get sufficient levels.

Another illness that might require a test is cancer. We know iodine deficiency is a factor in breast and prostate cancer, so there's no need to test. Other cancers probably warrant taking the test even though deficiency is likely. It would be good for the doctor to have a baseline to monitor your condition.

Just how likely is deficiency in cancer? In an in-house study, 60 cancer patients (various types) were given the iodine-loading test and then measured for urinary excretion. All 60 patients were found to be seriously deficient in body stores of iodine and some had great excesses of bromine. The best case excreted only 50 percent of the load and the worst excreted only 20 percent (that means they were retaining a very high 80 percent). Folks, these are some serious numbers. One hundred percent of these cancer sufferers were deficient in iodine! I assure you the problem is population wide.

Your doctor can administer the test very easily, or you can contact Dr. Flechas (828-684-3233), who offers the iodine-loading test for only \$75. His iodine website is www.helpmythyroid.com/iodine.htm.

If you're deficient and think iodized salt is your answer, I can assure you it's not. First, the amount of iodine (as potassium iodide) added is relatively small. You will need a minimum of 100 grams of iodized salt daily (20 tsp) to get adequate levels. Even saltaholics can't eat this much salt.

Dr. Abraham has developed a convenient iodine/iodide preparation you can take by pill instead of the usu-

ally unpleasant Lugol's solution. Called Iodoral, a tablet is quite literally dried Lugol's solution, providing 12.5 mg of iodine/iodide. In his research, Dr. Abraham found that a person abundant in iodine should excrete at least 90 percent, over the next 24 hours, of a loading dose of four tablets (50 mg). If you excrete less, that means your body needs and is retaining it.

Dr. Abraham believes the dose of iodine for maintaining sufficiency of the whole body is at least 13 mg per day (100 times the paltry RDA) – six mg for the thyroid, five mg for the breasts, and two mg for the rest of the body. Men would likely need less, though not always.

Not everyone needs this much, though. Take Betty for example. She visited me with complaints of terribly painful and cystic breasts. She often had to shoo her husband away. Simply providing iodide at a level of five mg per day completely reversed the problem and made her feel womanly and erogenous again.

Of course, some people need more. Veronica, 46, limped in on crutches with stage-IV breast cancer with severe pain in her hip from an advanced metastasis. She received IPT, artemisinin, and nutritional supplements, which checked the disease. Her iodine-loading test showed great deficiency. After three months of Iodoral, her iodine level had not yet come up, but her excretion of bromide had increased 10 times.

She now receives only occasional IPT, and is still stable on several nutritional supplements including Iodoral (six daily — 75 mg). Dr. Abraham tells me he also has seen two apparent remissions of breast cancer from the use of Iodoral — two tablets, three times daily.

Another physician has a case of prostate cancer in apparent remission with the addition of Iodoral and other supplements. George Flechas, MD reports that many of his diabetes cases need lowered insulin or drugs when taking "sufficient" iodine. I have seen the same!

Some people may see alteration in their thyroid blood tests or require adjustment in their thyroid medication and iodine dose. Medical supervision is suggested.

If you want to get your iodine from food sources, brown and red seaweeds (kombu, fucus, etc.) contain the most iodine. I see no downside to getting abundant iodine from seaweed, since it's a whole food. Eat as much as you like. You can find it at your local health food store or Asian market. Another great source is Mendocino Sea Vegetables (707-895-2996 or www.seaweed.net).

HEALTH NOTES ... continued

reaching their peak of use in the mid-1800s. We should not scoff at the practices of our ancestors. We're just now discovering why these practices were so widely accepted — there was merit to them!

You can evaluate your need for oral leech therapy (the enzymes) by getting a blood viscosity test, or if you have chronic disease, consider a coagulation profile from Hemex Lab (www.hemex.com). This test can help you determine if you're one of the 20 percent of the population with a heightened clotting tendency, which is a significant but reversible risk factor for chronic disease.

Natural thinning treatments such as heparin and enzymes may prevent vascular, autoimmune, infection, and other chronic and degenerative diseases.

Ref: "FDA approves leeches as medical device," Associated Press, June 29, 2004.

Estrogen Bombs Completely

If you're taking estrogen for any reason, there's now more proof than ever that you need to find an alternative.

Hailed as the wonder drug to stop aging in women, estrogen has failed to provide every presumed benefit. Millions of women were encouraged or coerced to take estrogen with no data supporting it. Estrogen has been found to cause increased rates of breast and ovarian cancer, increased vascular disease, and minimal help for bones.

Now the final blow — an increased risk of Alzheimer's. This study's numbers were small, only 3,000 participants. The small increased risk (28 cases in estrogen users compared to only 19 in placebo users) translates to about 12 additional cases of Alzheimer's in 10,000 older women who use estrogen each year. Mild bouts of forgetfulness also increased.

I wish Wyeth (Premarin maker) and other members of the Big Pharma Cartel were subjected to the same horrors we alternative docs have endured for using

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HEALTH NOTES ... continued

"unproven therapies." However, unlike the alternative doctors' therapies, their unproven therapies kill.

Action to take: If you're on estrogen, now is a good time to switch to safer alternatives. And as you learned earlier this year, any benefit estrogen might render osteoporosis may be duplicated with NAC, vitamin C, and alpha lipoic acid, which raise glutathione levels.

I'm not a fan of unbridled use of any hormone therapy. Rather than take exogenous hormones, bio-identical or not, consider optimizing your body's ability to manufacture its own hormones by adopting the suggestions you read in these pages.

Ref: "Estrogen Pills May Raise Alzheimer's Risk," Associated Press, June 22, 2004.

Prevent Hypertension With an Eye Exam

There are many exams conventional medicine recommends that I believe are frivolous and sometimes dangerous. These include physical exams and mammography. However, there is one yearly exam I do believe in — your eyes.

Vision is your doorway to the world. Blindness from glaucoma is preventable, even with drugs. Macular degeneration can be slowed and likely prevented with nutrition. Cataract development may likewise be slowed. But new research demonstrates that the condition of the vessels visible on the surface of your retina may determine your risk of developing hypertension.

In an Australian study, 3,654 Sydney residents were followed for five years (82 percent were 49 or older). The participants were followed for later development of hypertension, compared to the health of the visible vessels in their eyes.

Changes visible in the small blood vessels of the eyes predicted hypertension regardless of age, and the association was even stronger for the younger participants. This study confirms previous work show-

(Continued on page 7)

Your integrative physician can obtain Iodoral from Dr. Abraham's Optimox Corporation (310-618-9370). Lugol's solution is available at most pharmacies by prescription.

Abraham, Guy. E., MD, Jorge D. Flechas, MD, and John C. Hakala R.Ph. "Effect of daily ingestion of a tablet containing 5 mg Iodine and 7.5 mg Iodide as the potassium salt, for a period of 3 months, on the results of thyroid function tests and thyroid volume by ultrasonometry in ten euthyroid Caucasian Women," *The Original Internist*, 9: 6-20, 2002.

Abraham, Guy. E., MD, Jorge D. Flechas, MD, and John C. Hakala R.Ph. "Iodine sufficiency of the whole human body," *The Original Internist*, 9: 30-41, 2002.

Abraham, Guy. E., MD, Jorge D. Flechas, MD, and John C. Hakala R.Ph. "Effect of daily ingestion of Iodoral," *The Original Internist*, 2002.

Abraham, Guy E., MD. "The safe and effective implementation of orthoiodosupplementation in medical practice," *The Original Internist*, vol. 11, no. 1, March 2004. Pages 17-36.

Reverse Diabetic Retinopathy With Easy, In-Home Treatment

You can reverse the two most feared complications from diabetes, retinopathy and nephropathy, with a simple treatment you can do in your own home.

Both of these conditions develop in diabetics because the disease causes the capillary membranes to thicken. When these membranes thicken, it hinders oxygen and nutrient delivery to the cells.

Unfortunately, conventional medicine has little to offer diabetics who develop these conditions. Most of them receive laser surgery, with little success. But a new study gives evidence that diabetics, even those who have had laser surgery, can benefit from one of my favorite therapies.

In a pilot study just published by Johns Hopkins Hospital, five patients between the ages of 52 and 69 with diabetic retinopathy were selected. All had conventional laser treatment previously and 9 of 10 eyes had persistent edema despite the laser. (Lasers burn abnormal and leaking blood vessels caused by diabetes in the retina.)

The patients were given supplemental oxygen (using an oxygen concentrator) at four liters per minute by nasal tube. They were instructed to use the oxygen continually for three months, except when taking showers.

At the end of the test period, extra thickness of the macula (your central vision) was reduced by 54 percent! Additionally, three of the eyes had better visual acuity, improving two lines on the reading chart. Most of the eyes gradually worsened when the oxygen was withdrawn. However, four of the eyes maintained stability, suggesting that supplemental oxygen has a stabilizing effect on the laser surgery for retinopathy.

The principal investigators in the study believe the retina, when faced with a decrease in oxygen, becomes leaky. This stimulates the growth of new (but abnormal) blood vessels.

Since the new blood vessels are abnormal, they can leak or bleed. So their presence is more dangerous to the eyes than simply needing the oxygen. The leakage can cause the macula to become thickened, resulting in vision loss. This affects up to 10 percent of all patients with diabetes.

Supplemental oxygen prevents the eye from producing these abnormal vessels. This, in turn, reduces the amount of leaking in retinal vessels and prevents the macula from thickening. The treatment could reduce the thickness of the retina before laser treatment. Burdened by less edema, laser treatment may become more effective, even when oxygen is withdrawn.

Obviously, your most important nutrient is oxygen! This is just more proof of its value. Exercise with oxygen therapy (EWOT), performed for decades in Germany, is the granddaddy of oxygen therapies. Aging itself causes thickening of the capillaries. Supplemental oxygen was shown years ago to reduce edema accumulated in the capillary lining cells. This work confirms its power, but it will be decades before "modern" medicine figures it out.

If you have diabetic retinopathy, or nephropathy, oxygen therapy is a must. In fact, if you have diabetes, you're most likely to have problems at some degree in many organs of the body. Don't wait for complications. Start EWOT today! And if you have diabetic complications, take this information to your doctor and ask to be prescribed supplemental oxygen. For more information on EWOT, please call 800-728-2288 and ask for my special report!

Ref: Nguyen, Q.D., et al. "Supplemental Oxygen Improves Diabetic Macular Edema: A Pilot Study," *Investigative Ophthalmology & Visual Science*, February 2004, vol. 45, no. 2, pages 617-624.

HEALTH NOTES ... continued

ing a three-year advance warning in hypertension by retinal changes.

Blood vessels lie on the retina. And looking at them may be the easiest evaluation of the condition of your "microcirculation," the small vessels, not evaluated by standard large vessel studies. "Retinal signs appear to predict development of severe hypertension independent of other risk factors such as age, gender, body mass index, smoking, blood glucose levels, and blood pressure status at baseline."

Action to take: Like breast thermography can provide early warning to possible development of breast cancer, your retinal vessels can do the same for the development of hypertension. Measuring blood pressure is as variable as your emotions or recent meal. However, the state of these vessels is demonstrative of the long-term pressure and vascular environment.

When you see your optometrist for a glaucoma evaluation, please ask for a detailed evaluation of the vessels as well. This advance warning could spare you unwanted events from hypertension, especially if you see your integrative physician for preventive strategies, such as diet and lifestyle changes, exercise, chelation, oxidation, and nutritional approaches.

Ref: "Eyes' Vessel Changes Could Predict Severe Hypertension Risk," *Hypertension*, August 2004.

Coming Next Month...

- You already know that gum disease often leads to heart disease. Now there's a new weapon to battle gum disease and it's the easiest and most pleasurable treatment I've ever seen.
- There's a hidden cause to high cholesterol that you can treat for FREE! And it's very simple to do.

LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I have spinal stenosis and suffer from terrible pain in my neck, legs, and arms. My doctor says I have a narrowing of the spine between the third and eighth vertebrae and he sent me to see a neurologist. His solution is surgery. Do you have any recommendations that might enlarge the spinal canal? — Leonard L., Casa Grande, AZ

A: Before submitting to surgery, you need to ask yourself, "What caused this?" Without having the benefit of a full examination, I have three ideas that might be at the root of your problem:

(1) After seeing the work of Farrand Robson, DDS of Tacoma, I'm convinced that hidden airway obstruction might be a cause of spinal arthritis and narrowing. My own neck regained more normal anatomy just by placing a splint in my mouth — and I didn't have any health problems. I strongly suggest you contact his office (800-977-1945) and see if there's someone in your area trained in these tech-

niques. If not, you may want to plan a trip to Washington to see Dr. Robson.

(2) It's also possible your problem could be caused by a hidden interference field, such as scars and root canals. These can wreak havoc on your skeletal system.

(3) The final possibility is that your pain and narrowing could be caused by weak ligaments in your back. Prolotherapy (www.getprolo.com) may provide lasting relief by strengthening the ligaments around the diseased joints. I've seen prolotherapy work wonders for back pain. For these last two, you'll need to find a doctor trained in these specialties. Contact my publisher (800-728-2288) and request a list of integrative physicians.

Q: I'm 81 years old and my cholesterol is in the 260 to 270 range. Except for osteopenia, I'm very healthy. I've had high cholesterol all my life. My doctor wanted me to take Lipitor, so I took it for 10 days. But it made me ache all over, so I stopped. My mother lived to be 92 years old, and she lived on lard, cream, and all things that were supposed to be bad for you. I was raised on all that good stuff, as we lived on a farm and raised all our own food. Do I really need to lower my cholesterol? — Dorothy B., Colorado Springs, CO

A: I'm smiling for several reasons. First, longtime readers of *Second Opinion* know that I don't believe cholesterol is the bad guy. It's what your body does with it. Statin drugs wipe out your body's production of CoQ10, an absolute requirement for muscle function, whether heart or skeletal muscle. Merck has had a patent for years to combine their statins with CoQ10. They've never done so, even while knowing that it would greatly reduce muscle toxicity. I wonder why.

Second, I've long held that the best diet is one of all-natural foods. Living on a farm, I'm sure most of your diet consisted of wonderful foods that are health giving. I'm also certain you got plenty of exercise working on a farm. I've never met a lazy farmer. Exercise and a great diet are two of the biggest keys to a long life — and you're living proof.

Finally, if all your other heart and blood tests are in good shape, I wouldn't worry about your high cholesterol. You've made it to 81 even with high cholesterol. Your genetics might be protecting you, something your doctor might never consider, and could mess up with chemicals. Perhaps in your case, the high cholesterol is doing you some good by keeping your steroid hormones up! If you must do something to lower it, please first consider more natural alternatives such as policosanol, the principle ingredient in Healthy Resolve's Advanced Cholesterol Formula (call 800-728-2288 to order).

Q: Do you have anything that will help with alopecia? My daughter is fighting it with a strict diet (no bread, grains, etc.), but to no avail. She also has irritable bowel syndrome. — Donald D., Saginaw, MI

A: It sounds like there's a gut disorder at the root, probably a low-level autoimmune problem. There also could be a hormone dysfunction, chemical toxicity, genetically based enzyme dysfunctions, or an infection. No easy remedy for this one. I suggest an individual hands-on evaluation from an integrative physician trained in alternative approaches to these possibilities. You also might want to start with a blood test for defects in the enzyme MTHFR. It deals with folic acid metabolism, a possible underlying cause of her problem.



Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine

Beat Deadly Lung Disease With Oxidative Therapy

Conventional medicine has almost nothing to offer people with severe lung disease. Fortunately, the wonderful oxidation therapy I told you about last month works miracles in these difficult cases.

My own mom, now 82, was diagnosed with sarcoidosis around 1982. Sarcoidosis can be a serious inflammatory condition of the lungs. The symptoms look a lot like TB, but without the TB organism present.

I was aware that the cause was most likely a very hard to detect TB-like organism or some type of variant. So I treated her with intravenous hydrogen peroxide and had her mercury fillings removed. She's been free of the disease ever since!

Harry was a different story, though. His case was much more serious. He was 37 years old in 1985 when he, also, was diagnosed with sarcoidosis. His illness was rapidly advancing over several years.

In 1996, his lung ruptured (spontaneous pneumothorax). His lung specialist told him his only option was a lung transplant and he was listed for such at Duke University.

Harry, whose name has been changed for privacy, was an educated man and minister who first prayed about the procedure, and then asked questions about its ramifications. He wasn't pleased with the answers (understandably!).

Following his discovery of oxidation therapies, his prayers led him to Dr. Jim Shortt of South-Carolina. (Dr. Shortt is the doctor who is currently charged with murder for using this harmless, but highly beneficial treatment. If you haven't read his

(Continued on page 2)

Coming Statin Scandal Will Dwarf Vioxx

The arthritis drug Vioxx was recently pulled off the market by its manufacturer, Merck & Co., after studies showed that its use increased the risk of heart attacks. The fallout from the move has brought a tremendous amount of well-deserved negative press about drug companies and the Food and Drug Administration (FDA).

That negative press is going to grow a lot louder in coming months, as new studies are confirming what I've told you in these pages for years: Statins are extremely dangerous!

The most recent proof came in a study just published in the prestigious *American Journal of Cardiology*. In the study, 14 patients, who had high cholesterol, but were otherwise free of heart problems, started taking the very popular statin Lipitor. Within 12-24 weeks, 10 of the 14 patients (71 percent!) developed abnormalities during diastole (the resting phase of your heart's cycle). Diastolic dysfunction is a major cause of congestive heart failure (CHF).

Let me repeat the most important finding of this study: 71 percent of patients with *normal heart function* developed a measurable degree of CHF risk after starting Lipitor.

No wonder the number of people suffering from CHF has exploded in recent years. Since the introduction of statin drugs, claimed by proponents to save your heart from "horrible" cholesterol, the incidence of CHF has exploded. Over 400,000 Americans can expect to get CHF yearly. About half of those will die within five years of this conventionally untreatable disease.

Fortunately, there's a good side to this story. In this same study, nine of the 10 patients who developed CHF started taking coenzyme Q10. They took

Check out
Second Opinion's
website. Details
on page 8.

Miracles of Medicine... continued

story, go to *Second Opinion's* website — www.secondopinionnewsletter.com — login, and click on the December issue.)

At his first visit with Dr. Shortt in 1996, his lungs were passing little air and he could say no more than two to three words without pausing to catch his breath. His drugs included steroids (Prednisone) and bronchodilators.

Dr. Shortt initiated a course of hydrogen peroxide (H₂O₂) sessions, one per week for 20 weeks. During this time, his breathing improved, his medications were lowered and he could speak in full sentences.

In 1998, he was removed from the transplant list. Today, he lives a fully active life and can deliver a 45-minute sermon with NO shortness of breath. Other than a maintenance infusion, he's leading a normal life.

Folks, this man prayed for, and received his miracle. He went from a pulmonary cripple, barely alive, and headed for a transplant, to nearly full health!

If Harry had not found Dr. Shortt, he might still be alive with a successful lung transplant, but his life likely would be miserable.

Worse yet, the organism still would live in his body to infect the transplants, which is why many transplants fail! He owes his life to peroxide.

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100 mg orally, three times daily (300 mg daily) for an additional three months while continuing the statin.

Eight of these nine patients saw one or more markers of diastolic abnormality completely reverse. That's an 89 percent success rate! Four of the patients (44 percent) had *all three* of the diastolic parameters reversed. One of the patients saw no change in the dysfunction he developed.

I've been telling you this about statins for years. We know that statins work by preventing the function of an enzyme in your liver that makes both cholesterol and CoQ10. We also know that CoQ10 is an absolute requirement for energy production, oxygen combustion, and protection of your mitochondria (your cells' furnace). And we know CoQ10 deficiency is a major cause of CHF. The connection is obvious and indisputable!

And guess what? The people at Merck know this information, too. In fact, they *knew* about it in the late 1980s when they introduced Mevacor, the first statin. The evidence was so compelling that Merck got two patents for a CoQ10-Mevacor combination. You can even look it up; go to the U.S. patent website (www.uspto.gov) and look up patent numbers 4,929,437 and 4,933,165.

In these patent applications, Merck pointed out that statin drugs can lower the body's levels of CoQ10 ... that this can cause myopathy ... and that taking CoQ10 with statins will counteract this effect! One of the two patents even states: "Since Coenzyme Q10 ... is of benefit in congestive heart failure patients, the combination ... should be of value in such patients."

Why didn't Merck ever do anything with the patents? Merck won't say. Perhaps the company's executives figured they could make more money by selling statins alone than they could by adding CoQ10 to their products. After all, if they charged too much for the patented combination product, you could easily buy the *competitions'* statin ... then go out and get non-patented CoQ10 off the shelf.

You won't see any of this making the news. And rarely will your conventional doc recommend any natural means to lower your cholesterol. There are many nutrients you should try long before looking to statins. Here are a few of my favorites:

Action to Take

(1) **The first cholesterol-lowering nutrient might surprise you, but it's the supplement you need to try before any others.** The nutrient is magnesium. And

it can do more for your cholesterol and inflammation than statins. Both reduce the level of HMG-CoA reductase, the enzyme that makes cholesterol in your liver. But magnesium does something statins can't. Magnesium activates an enzyme, called LCAT, which activates HDL (good) cholesterol, and reduces LDL (bad) cholesterol and triglycerides.

You won't see Merck or any other pharmaceutical company funding a study comparing magnesium to statins. But consider the cost, both financially and to your health. Statins are at least \$100 per month compared to \$20 or less for a month's supply of magnesium. You've just seen how dangerous statins are, but magnesium has only beneficial effects. You would do well to take an additional 500 mg daily of magnesium. If you get loose stools, simply lower the dose and gradually increase it to bowel tolerance.

(2) I've told you in the past about policosanol, guggul, LipoFlow, and niacin — four fabulous nutrients that work wonderfully well to lower cholesterol. You can buy LipoFlow from Farmacopia (800-896-1484). And I've seen tremendous results with Healthy Resolve's Advanced Cholesterol Formula (call 800-728-2288 to order).

(3) I've also used another product called red yeast rice with great success. But, thanks to Merck, the product is now off the market. That's right! The same company that doesn't want you to know about CoQ10 also convinced the corrupt FDA to pull red yeast rice off the shelf. This safe nutritional supplement actually contains naturally occurring lovastatin (Mevacor). I find it very interesting that Merck could wrangle a patent for its synthetic version, and then get the natural and safer stuff torpedoed? Don't believe me? I'll have an article next month that gives you all the details about this coup.

(4) If you've changed your diet, get plenty of exercise, tried all of these supplements, and your cholesterol still isn't lower, your doctor may insist you take a statin. If you relent, please be sure you're consuming at least 300 mg daily of CoQ10. My favorite is the formulation used in most of the CoQ10 studies. It is also the formula offered by Healthy Resolve.

Ref: *Journal of the American College of Nutrition*, November 2004; National Heart, Lung, and Blood Institute, National Institutes of Health Data Fact Sheet. "Congestive Heart Failure in the United States: A New Epidemic." Available online: <http://www.medhelp.org/NIHlib/GF-241.html>; Silver, M.A., et al. "Effect of Atorvastatin on Left Ventricular Diastolic Function and Ability of Coenzyme Q10 to Reverse That Dysfunction." *American Journal of Cardiology*, 2004; 94: 1306-1310.

HEALTH NOTES

Junk Science Slaps Vitamin E

You may have heard of the new study that says vitamin E is dangerous. According to researchers at Johns Hopkins University, higher doses of vitamin E could actually increase your risk of death. But what was not in the news tells the real story.

The Hopkins study completely lacked any new or original research. The researchers simply examined past studies. And these were flawed, for several reasons. First, they examined people who were older and already saddled by advanced heart disease. This could definitely skew data and falsely incriminate vitamin E.

Second, you can be sure the researchers didn't look at the quality of the vitamin E supplements used in the studies. Most studies look at synthetic E or alpha tocopherol, rather than a 100 percent natural E containing mixed tocopherols (vitamin E molecules), especially gamma tocopherol. Large supplemental amounts of alpha tocopherol may actually inhibit the uptake of the other more beneficial forms.

Third, the study completely ignored hundreds of studies showing how protective vitamin E is for heart disease, cancer, and other illnesses. These studies were published in peer-reviewed medical journals, so they are easy to find and are very credible.

Action to take: I've recommended vitamin E in combination daily supplements up to 400 IU for years and have never observed a problem. In certain patients — those with atrial fibrillation, for example — I've even recommended up to 1,600 IU with no problem. The Institute of Medicine agrees with me, saying that supplemental E up to 1,600 IU is safe.

There are significant differences in the quality of vitamin E preparations. If you're taking isolated vitamin E, I recommend Carlson's vitamin E and Unique E. Carlson's now has a product called E-Gems Elite. It contains mixed tocopherols, including the all-important gamma fraction, as well as tocotrienols. The latter is a

(Continued on page 4)

HEALTH NOTES ... continued

form of vitamin E you'll read more about in a future edition of *Second Opinion*.

Ref: *Annals of Internal Medicine*, November 10, 2004; Billingsley, Janice. "Vitamin E Linked to Higher Death Rates." *HealthDayNews*, November 10, 2004.

Hydrogen Peroxide Reverses Cancer

Our old friend hydrogen peroxide, which I discussed in great detail last month, not only helps lung disease, (see page 1), but is also getting a huge lift in cancer treatment.

The lift is due to a newly created variant of an enzyme called superoxide dismutase (SOD), which was recently engineered by a group of scientists. SOD normally converts dangerous superoxide free radicals into hydrogen peroxide. The new variant significantly speeds up this conversion. It also caused a significant improvement in experimental mice carrying human cancers. More hydrogen peroxide was generated in the tumor cells, dramatically reducing tumor growth. In contrast to normal cells, cancer cells have little protection against hydrogen peroxide.

Action to take: Many outstanding physicians, including Hugh Riordan, MD, have reported that massive doses of intravenous vitamin C can cure cancer. Others, including Jim Chan, ND of Vancouver, report many remissions of cancer by giving intravenous hydrogen peroxide. It's heartwarming that, at every turn, basic science continues to prove us alternative "quacks" right.

Ref: "Mutated Enzyme May Battle Cancer; Enzyme Shows Promise in the Treatment of Cancer Tumors in Mice," *New York Times News Service*, June 15, 2004.

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To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

Alzheimer's Disease Isn't in Your Genes

If you've heard that Alzheimer's disease is genetic, there isn't anything you can do about it, right? Wrong. Your genes don't have to determine your mental future.

It's true that there's one genetic factor which raises your risk of getting this terrible disease. It's the presence of the apoE-4 gene, which is involved in cholesterol metabolism. It's the most important genetic risk factor for Alzheimer's disease. Your doctor can test for the apoE-4 gene if you have concerns or a family member with the disease. However, evidence suggests this isn't necessary.

Since this genetic trait is involved in cholesterol metabolism, it shouldn't surprise you that elevated cholesterol numbers are a risk for Alzheimer's. One study on 4,000 healthy women found that those with the highest levels of HDL at mid-life had half the risk of coming down with Alzheimer's. The researchers were at a loss for explanations. However, they suggested that HDL might help to clear out cholesterol deposits from the arteries, improving circulation to the brain.

In another study, this one with 1,500 people, elevated total cholesterol and high blood pressure were found to be strong causes of Alzheimer's. The researchers also discovered that the risk is lower if these two factors don't develop until later in life.

More importantly, the Alzheimer's risk of these preventable factors *exceeds the risk of carrying the genetic marker*. This should tell you that the way you take care of your body carries more weight than genetics!

In fact, several lifestyle changes can greatly reduce your risk of developing Alzheimer's. A Canadian study on 6,500 people, ages 65 and over, found drinking moderate amounts of wine and coffee, exercising regularly, and using nonsteroidal anti-inflammatory drugs were all associated with a reduced risk of Alzheimer's disease.

And the news from these researchers gets even better. They discovered that a family history of Alzheimer's didn't carry a statistically significant risk of dementia. That means the only known genetic factor is the apoE-4 gene — and you don't have to worry about this if you have a healthy lifestyle.

Action to Take

(1) Exercise! This is consistent with what I've told you in the past. Regular exercise is a vital part of preventing Alzheimer's and many other diseases.

(2) Reduce alcohol consumption to one glass of wine per day, preferably red wine.

(3) A small Japanese study has confirmed a lower risk of Alzheimer's disease from coffee consumption. While I have concerns about wanton coffee consumption, there are phytochemicals in it, like in tea, which may provide beneficial effects. I recommend limiting coffee to no more than two cups a day, and the product should be "free trade" or organic coffee. If you can't find organic coffee, I've been told by a reliable source that Folgers coffee is grown at such high altitudes that, while not technically organic, it's not sprayed. Apparently, the attacking insects can't survive at these altitudes. I haven't verified this, but I thought it was interesting!

(4) I've told you in the past about essential phospholipids, which help raise HDL cholesterol's scouring activity. It's available from Farmacopia (see page 3 for information on LipoFlow). Other supplements that may raise HDL include niacin, policosanol (as in Advanced Cholesterol Formula), turmeric, and curcumin. However, the best advice I can give you is to watch your diet! If you follow my dietary recommendations, you're already on the road to the best protection. Increasing intakes of natural protectors, such as the soluble fibers found in onions, apples, citrus, grapes, legumes, and other fruits, is the healthiest way.

(5) While anti-inflammatories (NSAIDs) have been associated with reduced risk, please don't go out and load up on Motrin or the like. The benefits observed here are most likely due to NSAIDs alteration of inflammatory processes. You can naturally accomplish the same inflammation reduction with no risk simply by raising your ratio of omega-3 fatty acids to omega-6. I've spoken about the importance of this ratio many times in these pages. (Not only are high levels of omega-6 fatty acids dangerous — they can actually kill you! There's a great article on my new website with all the details. Check it out at www.secondopinionnewsletter.com.) Fish oil, cod liver oil, flaxseed oil, and now Neuromins for vegetarians should provide the means to increase healthy omega-3 consumption.

(6) Finally, in a Netherlands study published in *Journal of the American Medical Association*, researchers

HEALTH NOTES ... continued

Does Canola Oil Make Veggies Better for You?

A study paid for by Proctor and Gamble's Nutrition Science Institute suggests that it's good to use a small amount of fat-laden salad dressing on your raw veggies. According to the study, fat-soluble vitamins, such as vitamin A, carotenes, and lycopene will be more readily absorbed by your body.

The study looked at blood samples of fat-soluble nutrients after salads were eaten with various dressings. The fat-free dressings completely prevented the absorption of beta-carotene. And the canola oil-based dressings helped absorb significantly more lycopene and carotenes.

Does this mean you should put store-bought salad dressings on your veggies? I say, "No."

While there is some truth to these study findings (these vitamins do need fat to be absorbed properly), all you have to do is look at who funded the study and you'll know it's flawed. P&G, one of the world's largest food distributors, put up the bucks for this study and will benefit from increased sales of its salad dressings.

The biggest problem with this study is its use of canola oil, which is an inferior oil. Canola oil has low, but measurable levels of erucic acid, an unhealthy fatty acid. Canola may help your body absorb the nutrients better, but there are healthier ways to do it.

Most dressings you find in the store are made with unhealthy oils, so you'll have to do what I do — make your own. Instead of using the crappy dressing from the store, make your own. Here's one I make all the time:

- 1 1/4 cups extra virgin olive oil (organic)
- 3 1/3 T toasted sesame oil
- 3 1/3 T cold processed hemp or flax oil
- 3/4 cup fresh squeezed lime juice
- one heaping tablespoon mustard
- Celtic sea salt to taste
- one drop each of essential oils of

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HEALTH NOTES ... continued

oregano, thyme, and rosemary
crushed garlic to taste

All ingredients should be organic where possible. Now you have a healthy salad dressing, and most tasty. My salad-loving friends have begged me to market this creation, but you get to try it first! Please let me know what you think.

Ref: *American Journal of Clinical Nutrition*, August 2004.

More Junk Science — This Time With Virtual Colonoscopy

I told you last February about an exciting breakthrough that allows your doctor to see a 3D image of your colon. Called virtual colonoscopy, this new technology makes it possible to determine the health of your colon without the discomfort of a flexible telescope threaded into your lower bowel.

A new article published in the *Journal of the American Medical Association* brings this technique under fire. The study claims virtual colonoscopy is nearly worthless.

But the original study, published in the *New England Journal of Medicine*, found the two methods to be equivalent in cancer detection.

So where's the truth? I looked into the details of each study and found the answer when I followed the money.

The *JAMA* article was done by a gastroenterologist who makes his living with conventional colonoscopy. Instead of using the best virtual technology available, the physician used inferior two-dimensional imaging technology. And his interpreting radiologists were not experienced or well trained either.

The *NEJM* article, on the other hand, was a much more accurate study. The lead researcher took efforts to see that his subordinates were fully trained and did a good job. In my experience with this type of imaging, thorough training is required to read and interpret the technology accurately.

I stand by my original report on virtual colonoscopy. The only drawback is that

(Continued on page 7)

followed several thousand subjects carefully. The researchers found that higher dietary intakes of vitamins C and E were associated with a lower risk of Alzheimer's. There are many good sources of supplemental vitamins C and E — check your local health food store. The best E is unesterified natural vitamin E (such as Carlson's and Unique E). They contain all the tocopherols and no added vegetable oil, which could turn rancid.

You don't have to get Alzheimer's!

Ref: *JAMA*, 2002 June, 26;287(24):3223-9.

What Others Are Telling You About Nattokinase May Not Be True!

I've received several letters from subscribers asking for more information about nattokinase, the fermented soy product I discussed back in July.

One subscriber, Brodie Nimmo, wrote, "My fibrinogen was 411 mg/dl before taking 81 mg aspirin daily. It then reduced to 100 mg/dl (on aspirin). I stopped taking aspirin four months ago and started NattoZyme by NutriCology (two capsules, three times daily). I just got my lab back and my fibrinogen is 458! Needless to say, I could never in good conscience recommend NattoZyme for lowering fibrinogen, and it makes your other suggestions suspect."

Thanks for writing, Brodie. I'm not the one who said that nattokinase lowers fibrinogen; it may have been written in some of my competitors' newsletters. So I hope you won't suspect my other suggestions. What I did say is that nattokinase dissolves pathological fibrin and clots in your blood. Fibrinogen is the *precursor* to fibrin, and won't be affected by nattokinase.

Fibrinogen is a marker of inflammation in your body and aspirin will lower it, since aspirin is known to interfere with your body's inflammatory pathways. But with regard to clots (fibrin), measuring your fibrinogen as a marker of success is like using your blood pressure to see if a cholesterol drug is working.

Fibrin is sticky stuff, much like a wisp of cotton candy. When it grows together and cross links, you get a clot. It's like a clumped cotton ball instead of a wisp of cotton. So that leads to the next questions regarding the

best product. One letter asked for my thoughts on products considering the wide price range. And another asked for comments on serrapeptidase, another enzyme that dissolves inflammatory products. All of these are good questions.

For the answer, I turned to my nattokinase mentor and expert, Dr. Ralph Holsworth.

Dr. Holsworth says that there are many enzymes that dissolve fibrin. *Among these* are serrapeptidase, bromelain, the enzymes in Wobenzym and others. But nattokinase works far better than any of these.

Now here's the problem.

Apparently, there are many companies claiming to market a nattokinase product. But these products are, in fact, inferior. The sellers will offer you assays of FU (fibrinolytic units) as proof of the potency of their products. Yes, their products may dissolve fibrin, but the enzymes therein might not be actual nattokinase with the ability to dissolve cross-linked fibrin. That's an entirely different lab test. Assaying for nattokinase specifically is very expensive and most manufacturers don't want to pay the price.

I've been privy to independent assays for nattokinase on a number of products claiming FU activity. Only two have tested accurate for the label claim of actual nattokinase enzyme and content: NattoZyme and Nattokinase by Mountain Home Nutritionals.

NutriCology (800-545-9960) was the first company to introduce nattokinase into the American market. Based on my research into the assays, I recommend their product (NattoZyme) above all others. No, it won't lower your fibrinogen levels, but it could lower your fibrin levels and prevent blood clots. If you want to lower fibrinogen, try taking 500 mg of curcumin daily.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288
- International College of Integrative Medicine – 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine – 800-532-3688 or www.acam.org

HEALTH NOTES ... continued

its availability is currently limited to about 50 centers. Fortunately, the FDA has just permitted expansion of a new 3D technology, which is made by Viatronix, that may soon bring the procedure closer to you.

Action to take: If your doctor recommends colonoscopy and decries the imaging technology, you need to ask him why. Make sure you ask for evidence to back up his opinion.

If there's an imaging center nearby, ask if it has the advanced 3D software-rendering tool made by Viatronix Inc. of Stony Brook, N.Y. Also ask if the center's radiologists are well trained in the technique. If so, with the present information, I would go for it rather than conventional colonoscopy. It's far more thorough and can see a substantially larger portion of the colon.

On another note, this tidbit should tell you that any single article on a subject may tell you nothing. It depends on how the study is done, who funds it, and what findings they set out to prove from the beginning. Studies often don't look for truth. Here, the author of the negative study had a financial interest to discredit his competition. His results were misleading, since the study was flawed from the outset.

Ref: *NEJM*, December 4, 2003; *JAMA*, 2004;291:1713-1719.

Correction: In the December issue, I inadvertently listed Longevity Plus' new EDTA-based chewing gum as \$12 per 100 pieces. The actual price is \$24.95 per 100 pieces. I apologize for any trouble this may have caused.

Coming Next Month...

These had to be postponed one month. Please watch for them in the February issue.

- Most one-size-fits-all diets don't work. But there is one that takes off those unwanted pounds, prevents disease, and helps you live longer.
- Two popular foods can stabilize your blood sugar — and they're probably already in your kitchen.

LETTERS


Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I've read in a number of articles that triglycerides are not affected by policosanol. You've mentioned a number of times that users of your Advanced Cholesterol Formula have lowered their triglycerides in appreciable amounts. What is different about your formula? — *Ralph Z., MD, Parsippany, NJ*

A. I've seen policosanol lower triglyceride levels without any significant dietary change, but the overall results are mixed. Those who are interested in their health should take the extra steps to lower triglycerides. These steps may have more effectiveness than any supplement. The best way to do it is to lower your insulin level by exercising more and reducing your intake of refined carbs and cooked starches. L-carnitine is also effective for lowering triglycerides. Take 500-1,500 mg per day.

Q: I'm 90 years of age. I was recently told I have fluid in my

lungs. I can't rest on either side, as I can't breathe. How do I get rid of the fluid in my lungs? — *A.H.S., Port Aransas, TX*

A. I think your doctor told you only half of the story. There has to be a reason for fluid in your lungs. Causes include congestive heart failure (CHF), cancer, infection, and low protein in your blood. CHF is most likely and requires personalized evaluation for possible causes and specific treatments. Therapies I've used successfully include coenzyme Q10 (600 mg daily), chelation therapy, ozone or other oxidation therapies (e.g., hyperbaric oxygen therapy, intravenous hydrogen peroxide, etc.), and intensive nutritional supplements. You can start by finding a doctor near you who is familiar with these treatments (see page 7 for organizations that can provide you with a list of doctors).

Q: I was glad to see your report on Codex Alimentarius. Those of us without a computer have no way of finding the address

of the British "Alliance for Natural Health." Please print another way to contact and support them if we don't have a computer. — *name withheld*

A. At the November meeting of the American College of Advancement in Medicine, I had the pleasure of meeting Dr. Robert Verkerk, who leads the European Alliance. His presentation was very chilling regarding the long arm and goals of this vile commission. Two prominent U.S. attorneys reiterated concerns that the treaty that binds us to Codex could subvert the U.S. Constitution and our freedoms to access nutritional supplements. Please lend your support to the Alliance. It's far better to fight the war in Europe than to allow it to lock in Europe and, thereby, trump us. You can contact the Alliance by calling +44(0) 1252-371-275 or writing Alliance for Natural Health, Mount Manor House, 16 The Mount, Guildford, Surrey GU2 4HS, UK. All donations are very welcome.

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Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine

Curing Sleep Apnea Can Reverse Alzheimer's!

If you suffer from Alzheimer's, check your sleep patterns. It's possible your Alzheimer's isn't due to the disease at all. It could be caused by sleep apnea. And it's also possible a visit to a dentist could restore your memory.

You read that right — a dentist might be able to give you your memory back. Take Dr. Richard Coe as an example. Dr. Coe is a 68-year-old, conventional family physician from Tacoma, Washington. How he escaped from Alzheimer's is a fantastic story.

In 1999, Dr. Coe was noticing mistakes in his medical work. His short-term memory was hit hard. He was dropping doses and numbers from his prescriptions. His wife noticed his growing difficulty making decisions and increasing fatigue. As a veteran, he got a full VA evaluation from two experts and three private doctors. After hours of formal cognitive testing, all five agreed that he had Alzheimer's disease. That was in August 1999. The following month, he dropped out of practice.

He continued to gradually deteriorate. By December 2003, he felt ready to die. He couldn't get enough sleep, ran on empty, and could do his yard work for only one hour a day. His astute wife noticed that he had significant snoring and sleep apnea. She was already seeing Dr. Robson for a TMJ dysfunction and was doing well. She suggested that he see Dr. Robson.

Dr. Coe, an orthodox physician, admits he was 100% skeptical that a mouth splint could correct his sleep problem.

(Continued on page 2)

Russian Discovery Lowers Cholesterol, Fights Cancer, and Supports Immune System

If you suffer from cancer, chronic bronchitis, or any immune disorder, there's now a product so powerful, it helped radiation-poisoned Chernobyl victims recover after taking it for only one month.

But you don't have to be sick to enjoy the benefits of this product, as it's also a great preventive and general health booster. It works so well on your overall health, that it will even help lower your cholesterol, prevent osteoporosis, and boost your body's ability to fight allergens.

It sounds too good to be true. But it's not! In fact, it helps with a lot more ailments than just the ones I've already listed. Let me explain.

Your gut, if healthy, is loaded with beneficial germs. These bacteria fight off bad bacteria, viruses, and fungal infections in your gut. They also stimulate your immune system to fight a wide variety of organisms in the rest of your body. Few people, even doctors, realize that the majority of your body's immune cells are located in your intestinal tract! This makes sense, as the most common source of germs and bacteria is the food you eat.

What this means is that you have a great deal of control over the health of these bacteria. What you eat, the medicines you take (antibiotics kill all bacteria, including the good ones), and the toxins you're exposed to all affect these bacteria. There are even wonderful products called probiotics that help re-colonize these good bacteria after they've been depleted.

Probiotics range in strength from extremely poor quality to very high quality. The most powerful ones save many people's lives by fighting off all kinds of illnesses.

Miracles of Medicine... *continued*

Nevertheless, he went to see Dr. Robson in early 2004, mainly to please his wife. The following day, "I felt extremely good," he noted. "I never had an improvement that good. My wife said I was brighter and not moping around like I had a black cloud over my head. I slept through the night for the first time in years. And my memory was returning."

Dr. Coe, formally diagnosed with Alzheimer's disease and retired from practice in August 1999, returned to full-time work on July 3, 2004. He would have started back on April 1, except that malpractice insurance was not immediately available.

"Dr. Robson has turned my clock back at least 15 years. My memory and energy are as good as ever. I had only 12 visits with him." Even Dr. Coe's long-term problem with depression was improved. "My treating physician, an internist, doesn't believe the story," he told me. "But I'm telling everyone I can!"

Friend, this is a case of diagnosed Alzheimer's that's been completely cured! Is it possible many cases of Alzheimer's are caused by *sleep apnea*? Definitely!

Dr. Robson is devoted to teaching other dentists his methods. I urge you to take this article and the issue on Robson from last winter (available on my website: www.secondopinionnewsletter.com) to your dentist and have him or her give Dr. Robson a call at 253-272-8651 to get more information about his training sessions.

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The most common and most powerful probiotics on the market to date are the various strains of *Lactobacillus* and *Bifidobacteria*. And, in my opinion, the best ones contain the species *acidophilus* — you might be familiar with *Lactobacillus acidophilus* R0052 or *L. acidophilus* NAS.

But now there's a new super-probiotic that was discovered in Russia after the Chernobyl disaster. It's a completely different strain of *Lactobacillus* called *bulgaricus*. *Lactobacillus bulgaricus* is commonly used in some wonderful probiotic formulas. But the Russians discovered an even more powerful strain following the devastating Chernobyl horror. In the world's worst nuclear accident, 20,000 were killed outright and millions of other innocent victims have endured unspeakable suffering and lingering deaths.

In the wake of the disaster, the Russian military issued a plea for the discovery of any remedy that could benefit the radiation-ravaged survivors. Their requirements: It had to be effective, low cost, and safe. The State Scientific Research Institute of Highly Pure Bio-preparations in St. Petersburg was given the task. This center was the primary research center for Russian biological and chemical warfare products during the Cold War.

The researchers had a difficult task in front of them. They had to figure out a way to rebuild the immune systems of people who weren't responding to any treatment given to them. Medications are sparse in Russia. And the ones they had weren't working.

After the scientists analyzed more than 600 prospective products, only one met the demands of the military. And it was not a drug, vitamin, or herb. It was this particular strain of *Lactobacillus bulgaricus*. But it wasn't even the whole bacteria, like we use here in the U.S. Instead, they used a portion of the cell wall of the organism.

Medical science has known for years that fractions of bacterial cell walls have enormous effects on the immune system, both good and bad. In fact, on the negative side, cell-wall toxins from harmful bacteria in your blood can create a condition called "gram negative shock." In such a case, your blood pressure could drop to a life threatening 40, just as if you lost most of your blood, and you could have a temperature of 105° F. But on the positive side, cell wall fragments used in properly prepared vaccines can stimulate immunity to specific microorganisms.

The researchers first tested the new preparation on radiated immune-deficient mice. By the seventh day, these animals had six times the antibody production as

control mice. And the overall survival rate of these mice jumped from 40% to 100%. Mice that received a sub-lethal dose of radiation doubled their survival at 30 days from 35% to 70%.

Then the researchers treated many immune-depressed patients from the Chernobyl accident. Within two days, these patients reported great energy improvements. Within two weeks, their blood chemistry was almost back to normal. Within one month, patients stopped getting sick.

Next, they treated patients with cancer. In 89 of these patients, chemotherapy and radiation had destroyed enough of their white blood cells that therapy had to be discontinued. Once the new probiotic preparation was administered, their levels of white blood cells increased enough that the toxic therapies could be completed.

One female, age 43, suffered from late-stage breast cancer. The tumor was about four centimeters across and she also had a smaller lesion in her armpit. In addition to chemo and radiation (but no surgery), she was given the preparation (10 mg per kilogram of body weight, twice daily for one year). After one month, examination suggested the lesion was dying. Four years later, she had no discernable disease. That's quite remarkable!

With cancer, the potential savings to society are astronomical. When toxic therapy compromises the immune system, synthetic drugs must be administered to bolster white blood cell production, at a very great expense. And if infection does occur, the results are life threatening and often bankrupting. Imagine if all this could be avoided with a non-toxic immune stimulator that costs only a few dollars.

For those patients who require surgery, the news is just as great. Surgical morbidity is a major problem in hospitals, especially in Third World countries. The product reduced surgical complications and increased the speed of wound healing. This is fantastic news for any surgical procedure – not just cancer.

And to give you an idea of how far reaching this product is, take a look at the results of another Russian study. This one followed 74 chronic bronchitis patients, aged 20-65, and divided them into treatment and control groups. The treatment group, which took the probiotic extract, saw their bronchitis disappear within six to eight weeks. The preparation significantly increased the ability of their immune system to fight the infection. The controls saw no improvement.

HEALTH NOTES

You Can Lower Your Risk for Cancer and Macular Degeneration

I've told you in the past about C-reactive protein (CRP), which is a marker for general and ongoing inflammation in your body. CRP is usually associated with heart disease. But now there's evidence that an elevated CRP level is linked to cancer and macular degeneration. Don't be too alarmed, though, there's a simple way to treat the problem.

The first study indicates that an elevated CRP measurement is common with colon cancer. Researchers measured CRP in 22,887 Maryland adults in 1989. These subjects were followed for the next 11 years. Higher CRP was found in those who subsequently developed cancer. Those with the highest CRP had the highest risk (about 2.5 times those with the lowest). The weakness of this study was that CRP was measured only once, and the study did not determine whether elevated CRP is a risk for colon cancer or a consequence. However, the association is clear.

Another study shows that high CRP is also associated with macular degeneration (MD). In the study, 930 subjects had CRP tested in the mid-1990s. This study controlled for other known risk factors, such as smoking, age, sex, and body mass index. Those with the highest CRP were 65% more likely to develop MD.

Action to Take

(1) Have your doctor test for CRP. I think it's one of the most important tests you can have done. It's far more important than cholesterol. CRP is a measure of inflammation system-wide. That means it can cross the boundaries between the vascular and immune systems, making it an independent risk factor for a variety of diseases. I measure it routinely in my patients.

If your CRP level is elevated, it signals inflammation is present somewhere in your body. But it doesn't necessarily tell

(Continued on page 4)

HEALTH NOTES ... continued

you where. You'll need to see an astute integrative physician who can help detect the source, and eliminate it! You can find a doctor by calling one of the organizations on page 7.

(2) Take 500 mg of curcumin, three times daily. Curcumin, the substance that gives turmeric its yellow color, is the most effective way to lower CRP. I especially like a product called FYI (For Your Inflammation). FYI is available at Farmacopia (800-896-1484) or at the manufacturer's website — www.gardenoflifeusa.com.

Ref: JAMA, February 4 & 11, 2004.

Homocysteine Linked to Alzheimer's and Osteoporosis

Another important test I've told you about is for homocysteine, a toxic amino acid produced normally in the body. Elevated homocysteine levels are strongly associated with heart disease and stroke. But now we're finding that it causes even more problems.

The long-running Framingham study has now linked elevated homocysteine to a doubled risk of Alzheimer's for those with the highest levels. And a Netherlands study has linked homocysteine to a two-to-four times elevated risk of osteoporosis.

Homocysteine damages mitochondria, the furnaces that generate energy in your body. Their injury can directly accelerate cell death and aging.

Action to Take

(1) Please get your homocysteine levels checked. If it's 10.0 or greater, then con-

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To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

I've seen oxidative therapies boost immune systems to this level. But I've never seen a supplement do it. So this is truly an amazing discovery. For most oxidative therapies, you have to visit a doctor's office and pay for the visit as well as the therapy. Now you can boost your immune system with an inexpensive supplement and no doctor's visit.

Take Marilyn S. as an example of how well this product works. She complained of "terrible yeast problems." Diet helped, but only moderately. After three months of treatment, her vaginal discharge vanished, stomach cramps disappeared, and all other symptoms were gone.

One 60-year-old man suffered from prostate cancer and also had a severe foot fungus. Following prostate removal, he developed digestive problems. He took the preparation for 10 days and the foot fungus cleared. In just 20 days, his severe diarrhea and cramps were gone. He's taken the product for two years now and hasn't had the flu, or even a cold, in that time.

The Russian researchers also found this extract has anti-allergy properties, lowers cholesterol, stimulates production of stomach acid for digestion, relieves constipation, enhances calcium metabolism and reduces osteoporosis development, and fights cold and flu-like symptoms.

As you can see, the Russians have developed an absolutely miraculous probiotic extract that needs to be in everyone's supplement regimen. It's now available under the brand name Delta Immune, which is available at any store that sells NutriCology's products. If you search on the Internet, you'll find many companies that sell it, usually for less than \$20 a bottle (60 capsules).

Because the final product isn't made from living bacteria, it doesn't have to be refrigerated, which makes it a much easier product to ship, store, and use. Friend, if you have a poisoned immune system or simply want to stay as healthy as you can for the rest of your life, then this product is for you!

Fight Cholesterol and High Blood Sugar With Grapes

You know how nuts I am about resveratrol. This grape phytochemical does wonders for your heart, especially as a cholesterol fighter. Now there's another compound from grapes that actually outperforms resveratrol

in cholesterol metabolism!

Agnes Rimando, PhD, who works for the U.S. Department of Agriculture, says that a grape phytochemical called pterostilbene reduces cholesterol as well as ciprofibrate, a drug that lowers cholesterol and triglycerides. That drug, which is not available in the U.S., is in the same class as Lopid and Tricor, which are available in the States.

Both pterostilbene and resveratrol belong to a group of chemicals called phytoalexins. Plants produce these in self-defense to fight off attacking fungal infections and damage caused by ultraviolet light and various chemicals. Both also exhibit strong antifungal activity. But pterostilbene appears to be 60 to 100 times more potent as a fungicide. I expect Big Pharma will extract this natural compound and create a synthetic fungal cure at some point. Hopefully, it will be better than the very nasty synthetic chemicals it produces now.

Pterostilbene has another benefit not found in resveratrol. Several animal studies have shown that the compound can lower blood glucose. So it may be a potent anti-diabetic agent. This may help explain why grapes and blueberries don't increase blood sugar as much as you'd expect from such a sweet food.

Additionally, pterostilbene has proven to fight cancer as powerfully as resveratrol. Both have shown similar anti-cancer activity in lab tests, says Dr. Rimando.

Resveratrol and pterostilbene and other similar compounds in structure and activity are also found in blueberries. Dark grapes appear to have the highest content, but interestingly, wine has little. Apparently, when you convert grape juice to wine, the process destroys this compound.

Action to take: This news is so new that the vitamin manufacturers haven't had time to make pterostilbene into a supplement yet — at least I've not found it. But that's not all bad news.

I'm sure it won't be long before pterostilbene will be available as a supplement and it'll likely be just as effective, if not more so, than resveratrol. However, I suspect it will be far more expensive. The fruits that have these compounds have a 5-10:1 ratio of resveratrol to pterostilbene. So it'll be much more difficult to extract the pterostilbene than resveratrol and, thus, more expensive.

Grape extracts probably do contain some amount of pterostilbene. But manufacturers don't test for it. So I can't say for sure.

HEALTH NOTES ... continued

sider the treatments in #2 and #3 below.

(2) A Harvard professor reports lowered homocysteine levels in those with good lifestyle habits, including quitting (or never starting) smoking, exercising, and reducing alcohol consumption. This is the first place to start, along with a good diet. Plus it's free.

(3) Get plenty of folic acid, vitamins B6 and B12 (especially), and betaine (found in beets), which help rid your body of unwanted homocysteine. When bread and cereal makers added folate (which is a salt of folic acid) to their flour in 1996 to combat birth defects, it dropped neural tube defects by 20 percent. But it also dropped mortality from stroke and heart disease. Researchers estimate that folic acid added to food led to 31,000 fewer deaths from stroke between 1998 and 2001. In those same years, it also saved 17,000 from heart disease.

It makes sense to get plenty of folic acid from your diet and supplements. However, I'm not a fan of flour. There are far better ways to get folic acid; the best is in fresh vegetables. You can also get it in B-complex supplements and most multivitamins. Healthy Resolve's Max Plus has ample amounts of all the B-vitamins. I recommend you take at least 800 mcg of folic acid, 100 mg of vitamin B6, and 100 mg of vitamin B12 daily.

Ref: Dembner, Alice. "Diseases of Aging Tied to Amino Acid," *New York Times Syndicate*, May 18, 2004; Associated Press, March 8, 2004.

New Topical Treatment for Basal-Cell Skin Cancers

If you or a loved one has skin cancer, the only treatment available is surgery. Until now! There's a new alternative to curettage and electrical ablation (the two types of surgery used on skin cancer) that works well and causes much less scarring.

The FDA recently approved the topical drug imiquimod (brand name: Aldara) for specific types of basal-cell cancers. This drug stimulates the immune system to cause local inflammation. The inflammation can kill the wayward cells.

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HEALTH NOTES ... continued

In two studies involving 179 treated patients, and 179 placebo recipients, there was a 75% clearing compared to only 2% respectively after 12 weeks. After two years, 79% of those who cleared the cancer remained cancer free.

Now here are the caveats. The FDA approved it only for superficial basal cell cancers in people with competent immune systems. And the cancer must be located on the trunk, neck, or extremities, excluding hands and feet. It also cannot exceed two cm in size.

I would prefer this to surgery for myself. However, most problematic basal cells occur on the head and face. I believe it's only a matter of time before this or another agent is found to be successful for these lesions. Now that the product is on the market, your physician can legally try this off-label in the privacy of his office. So if you have failed surgical treatment for head and/or face basal cell cancer, this is good news. I wouldn't hesitate to use it, along with artemisinin (see below), in these cases.

Reverse Deadly Squamous Cell Skin Cancer Naturally

I've written many times about how artemisia can help all kinds of cancers. Here's a dramatic story from veterinarian Leland Gross, DVM.

Tabby, a 14½-year-old cat, had a squamous cell cancer on its nose. The cancer had eaten away the whole nose to face level. Dr. Gross says squamous cell skin cancers

(Continued on page 7)

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Resveratrol is an outstanding nutritional supplement. And I often recommend Healthy Resolve's Advanced Resveratrol Formula. (See the enclosed insert for details.) But that's just what it is, a *supplement*. Only whole living foods, such as grapes and blueberries, have the total spectrum of phytonutrients we need for optimal health. I strongly encourage you to increase your consumption of organic grapes and blueberries. We don't know yet how many grapes must be eaten for specific benefit, but you can eat as many as you want.

Ref: "Compound Identified in Grapes May Fight Cancer and Diabetes, American Chemical Society, May 21, 2002; American Chemical Society 228th National Meeting, Philadelphia, August 22-26, 2004; News release, Agricultural Research Service, U.S. Department of Agriculture; WebMD Medical News: "Blueberries May Lower Blood Fat/Cholesterol," http://my.webmd.com/content/article/93/102304.htm?z=1728_00000_1000_nb_04.

If You Must Take Blood Pressure Pills — Take These....

I've given you many alternatives through the years that I've found to be very helpful treatments for high blood pressure. I've recommended such treatments as fasting, taking certain nutrients, completely changing your diet, and many others. And I've heard wonderful stories from many of you. (If you'd like to read about these treatments, simply go to my website — www.secondopinionnewsletter.com — login, and search for high blood pressure. It's free for all subscribers.)

Unfortunately, high blood pressure sometimes is a very difficult problem to solve. And you might have a stubborn case that doesn't respond to natural treatments. It's rare, but I do see it happen. And some people have trouble sticking to a lengthy fast or strict diet.

If you fall into one of those groups, there's a group of prescription drugs that will actually reduce your risk of heart attack with minimal side effects. The drugs are called ACE inhibitors (Angiotensin converting enzyme inhibitors).

ACE inhibitors, long my favorite conventional treatment for blood pressure, sharply decrease the rate of endothelial cell death. Endothelia are the cells that line the inside of your vessels. They are critical to healthy circulation. All cells die after a certain amount of time (apoptosis). If the death rate is too high, you lose function. If more of these fragile endothelial cells die than should, you get holes in your vessels. This causes chole-

terol and toxic compounds to build up in your vessels, which is called atherosclerosis.

At the beginning of a recent study, the researchers found that the healthy participants had 1.3% of their endothelial cells die and get replaced every 30 minutes. In heart-diseased patients, the rate was 7.8% per 30 minutes.

Those with heart disease were given an ACE inhibitor or a placebo. In the group that took the placebo, the death rate remained at the 7.8% rate.

However, in the patients given the drug, the cell death rate fell from 7.8% in the beginning to 4.7% by the end of the study. Still higher than normal, but a huge improvement. It offers a reason why the risk of heart attack falls with ACE inhibitor use, whether the user has hypertension or not. Simple use of ACE inhibitors slows down the stripping of your arterial lining.

I believe this rate would be reduced even more if the natural means I discuss in these pages were used at the same time as the drug.

Action to take: Now I don't recommend you stop what you're doing and rush to start on these drugs. I think endothelial cell death can be reduced with chelation therapy, which rids these cells of poisons such as lead. Eating the Living Foods Diet will provide them with nutrients to remain healthy.

Combine these two with proper exercise and herbs and supplements individualized for you by your integrative physician, and you can likely reduce your blood pressure and apoptosis rate without chemicals.

However, if you're one with serious and stubborn hypertension, an ACE inhibitor may be your best bet.

Ref: "Study Shows How Blood Pressure Pill Improves Health of Blood Vessels," Associated Press, August 31, 2004.

HEALTH NOTES ... continued

in cats are similar to humans, they are sun related and can be aggressive.

He dissolved 100 mg artemisinin (from NutriCology, 800-545-9960) in a small amount of 50% DMSO. He then applied it directly on the cancer at least twice daily.

You may remember artemisinin, an herbal extract that you first read about in these pages three years ago. Artemisinin is the world's number one treatment for malaria. However, it has the ability to kill cancer cells by the same mechanism that it kills malaria.

It's important to remove scabs and apply it directly to the tumor. Dr. Gross also gave the cat artemisinin orally — 100 mg, three times a week. That would be the equivalent of seven mg per pound in an adult human.

Within four to six weeks, the cancer was gone and Tabby's nose eventually grew back completely! And the amazing thing, when Tabby's nose grew back, it came in pink, just like a newborn cat. It then developed pigment spots, which filled in completely, just like normal kitten development.

I've had other cases, in humans, where superficial cancers have regressed after applying artemisinin. This is exciting news, since surgery can be disfiguring even if successful.

I'm eager to get feedback on topical artemisinin. If you happen to try it while awaiting conventional therapy, please let me know your experiences.

Coming Next Month...

- I've just discovered a huge breakthrough in Alzheimer's treatment that's going to amaze you. Don't miss next month's issue.
- How the FDA is actually doing more harm to your health than good. And I'll show you what you can do to fight back.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine — 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine — 800-532-3688 or www.acam.org

LETTERS

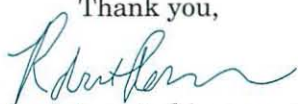
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I'm confused. I read in one of your advertisements for your Advanced Joint Support that your product contains "a special extract made from soy and avocado oils. This extract is called avocado-soy unsaponifiables." But then your report that came with the product says I should beware of any products that have "avocado and/or soy oil" listed in the ingredients. What am I to believe at this point? The information seems conflicting.

— Rosanne S., via e-mail

A: Excellent question! I've always known my readers were smarter than most. First, let me apologize for the confusion. The report wasn't clear on just what it is you should look for in a product.

It's true that the extract Healthy Resolve uses in its formula comes from soybean and avocado oils. However, the important thing to look for on any label or advertisement is how these oils are refined. That's what's important.

The extract used in Advanced Joint Support is standardized to 30% phytosterols. And that's printed on the label. So you know each tablet will provide the same amount of active ingredients.

If another product lists only "avocado/soy oil" with no further information, then you have no idea how much of the active ingredients you're getting. This is true of a lot of herbal formulas out there. The best formulas use extracts that are standardized to specific levels of the active ingredients. Lower quality products use herbs that are dried and concentrated (e.g. 4-to-1, etc.). These have some quality control, but it's limited. And the lowest quality products use herbs that are simply dried and packaged. These have the lowest amount of standardization, making it impossible to know how much of the active ingredients the product has. You're far better off selecting products that use standardized extracts — you'll know exactly what you're getting.

Q: I've noticed red yeast rice is available on the Internet. You said it was illegal. Are these products the real thing? Are they safe? — name withheld

A: This is a tough question. Technically, red yeast rice is a food product and, therefore, legal under any circumstances. Its downfall is that it contains a significant amount of a compound known as lovastatin, the same compound Merck somehow patented to lower cholesterol. How this company was able to patent a naturally occurring substance is one you'll have to ask the power brokers at the patent office. After Merck patented it, the company moved on Pharmanex (the distributor of red yeast rice), with the help of the FDA.

The FDA lost its first battle in

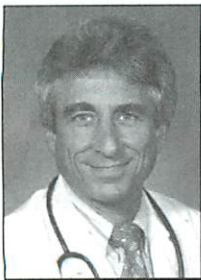
court, since red yeast rice is a food in use for thousands of years. However, in "your" interests, the FDA appealed and the Circuit Court issued an absolutely outlandish ruling. The court essentially gave the FDA a loophole in the DSHEA laws, which were passed to prevent such attacks on the supplement industry.

The clear outcome of this is that it's illegal for a distributor to make a claim regarding cholesterol and red yeast rice. However, red yeast rice is not illegal to sell, simply because it's a food (the same stuff that Chinese restaurants use to color the edges of certain meats). It is illegal for a seller to make claims about its usefulness in cholesterol control.

I consider it far safer than statin drugs. It's a whole food. Mevacor, for example, is a synthetic purified concentrate of what the drug maker considers the active ingredient. God, in His wisdom, gave us whole foods with all the cofactors needed for safe metabolism. Drug companies often extract out the "active" compound, so that they can patent or modify it. Unfortunately, the modification also modifies your body in unhealthy ways.

If you do decide to take red yeast rice, I still recommend that you take CoQ10, since it inhibits the enzyme (HMG co-reductase) that also makes your CoQ10. Any time this enzyme is blocked, either by natural or synthetic means, you should take extra CoQ10 (two mg per pound of body weight).

Some of the products you'll find include: LDLX (available at www.n3inc.com), Rexall (available at Wal-Mart and The Vitamin Shoppe), and Cholestene (available at The Vitamin Shoppe under the brand name HPF). I'm sure there are others available. Shop for the best price, and pay attention to effectiveness!



Dr. Robert Jay Rowen's

SECOND OPINION

Vol. XV, No. 4

April 2005

Miracles of Medicine

Kill Infection With a New Form of Silver

Many of you have used colloidal silver. Some of you love it. Others absolutely hate it. I can understand both sides. I've seen it quickly heal some acute upper respiratory infections. But I've also seen multi-level marketers over-hype it and make promises that no treatment can deliver.

Many forms of silver are toxic and can cause problems if they're not used correctly. I know a few of you make your own colloidal silver. But I've never been a fan of self-mixing. It's an easy way to get toxic amounts of silver. If you do have silver poisoning, your skin could turn grey when it's exposed to the sun, like a photographic plate.

Another problem with colloidal silver is its particle size. Until now, manufacturers haven't been able to make the silver particles small enough to produce a more effective product.

Like so many things, not all silvers are alike. And there's a new silver product on the market that's very different from colloidal silver. So different, in fact, that it's not called colloidal silver. It's called silver hydrosol.

I'm hearing anecdotal reports on how effective silver hydrosol is for treating many ailments, including AIDS, Lyme disease, and hepatitis C.

A great example of silver hydrosol's power to fight infection is Michelle Hunter of Washington state.

Michelle developed severe stomach pains in January 2004. The condition progressed rapidly to the point that she was unable to eat. She lost 50 pounds on her 5'

(Continued on page 2)

From Autism to Alzheimer's to Parkinson's — You Can Reverse Brain Disease

You've probably seen several stories in the mainstream media lately about autism. The incidence of the disease is growing at an astronomical rate and it's gaining a lot of attention.

I've said for years that autism is likely caused by childhood vaccinations. Now, even the *Wall Street Journal* has come out and said there could be a connection. The article even went so far as to say that some patients have seen tremendous results with chelation therapy.

I was stunned when I saw the article, but it was nothing compared to the results doctors are now seeing with many other alternative treatments. And what you may find especially surprising is that the underlying causes of the childhood autism epidemic are the same causes of Alzheimer's disease and Parkinson's disease.

And what if I also told you there's an amazing treatment now available that can reverse autism and most adult brain diseases as well?

Would you believe me? I wouldn't blame you if you didn't. After all, I didn't believe it at first.

I heard about the connection when my wife and I went to Boston recently to attend an incredible seminar by Dr. Amy Yasko. She's been treating autism for years with amazing results, including virtual remissions. In her new book *The Puzzle of Autism*, Dr. Yasko has offered a comprehensive theory for the explosion in autism we're seeing today.

Autism has skyrocketed from one in thousands many years ago to one in 150 today. In fact, the California Department of Developmental Services reported a 273% increase in cases from 1987 to 1998. Dr. Yasko's explana-

→ **Come Cruise Tahiti With Me (see page 7 for details)**

Miracles of Medicine... *continued*

4" frame and became dehydrated. She developed palpitations, shingles, bladder infections, severe nausea, and more.

Orthodox, and natural remedies, including a bland diet, provided minimal relief.

She then sought the attention of naturopath Ron Waling. He administered silver hydrosol intravenously, along with IV nutrition. Immediately, she was able to sleep better, the shingles dramatically regressed, and she felt hungry at last. More importantly, her stomach pain was 80% gone within days.

The secret lies in the smaller particle size. New technology has enabled one company to turn what once was a costly product into a far more effective and now a less expensive microbe killer. Natural Immunogenics makes two products with a particle size of only 0.8 nanometers, by far the smallest silver particle I've seen yet.

There are two products on the market with the smaller particles. Many of your local supplement shops carry Sovereign Silver, which contains 10 parts per million (ppm) silver. I prefer Argentyn 23, with 20 ppm silver (requiring half the dose), which is available at Farmocopia (800-896-1484). I'm currently evaluating this product to determine if it really does live up to its promise. I'll let you know what I find out in a future issue. If you decide to try either of these products, please let me know about your experience.

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tion for the epidemic is twofold: genetics and environment.

First, there's the genetic factor. Dr. Yasko has found that 100% of autistic children have a defect in a biochemical process called methylation. Methylation is one of the most important processes in your body. It essentially is the way your body takes folic acid and uses it to help every cell in your body function and survive. Part of its job is to help cells repair and divide.

Methylation also helps protect your cells from toxins. But when the process doesn't work properly, the cells' ability to fight toxins is greatly hindered. So if toxins are kept to a minimum, most people with this defect will never experience any adverse effects. In fact, 20% of the population has this defect, but nowhere near that number have a related brain disease.

However, when the body is overloaded with toxins, that's when the trouble starts for a person with the defect. His or her body simply cannot handle the overload the way it would if the defect weren't present.

Since we're seeing a major increase in the number of autism cases, there must be an increasingly active source of toxins coming from somewhere. But where?

Many thought it was coming from our food supply, especially considering the problems with processed food. If food were the cause, though, we would see autism worldwide. But it's largely confined to industrialized nations.

It's also likely that many of these children would be born with autism, but that's not the case. Every case of autism comes on suddenly, either in infancy or early childhood. So there's another source of toxin entering the child.

The only other known source of widespread toxin exposure for infants and young children is from vaccinations. Vaccines are filled with toxins. The very science behind vaccinations is to inject you with a toxin or pathogen so your body will build up antibodies against it. This can work for pathogens. But every dose of vaccine also includes other toxins. The most notable toxin included is mercury, which is one of the deadliest poisons known to man (especially to an immature brain). Drug companies add the mercury, in the form of thimerosal, as a preservative.

Most people's immune systems can detoxify the thimerosal. But the defect compromises this ability. And the poison itself further destroys the function of remaining methylation pathways. The vicious cycle of brain, gut, and immune damage begins.

Integrated physicians have known for some time that mercury and heavy metals were the cause of most brain diseases. And chelation therapy was the best treatment we had to offer, but it simply didn't work well enough to reverse the condition completely. Now, an ingenious friend of mine has figured out how to get mercury out of the brain.

My friend Rashid Buttar, MD saw his son quickly slip into a "developmental" disorder at about 16 months. It was equated to a "moderate" case of autism. Dr. Buttar was unaware that his ex-wife had taken the boy for vaccinations.

His son lost his 15-word vocabulary and degenerated into an autistic syndrome. Dr. Buttar is highly skilled in heavy metal poisoning. He tested his son for mercury and the first three were negative. This would lead most doctors to falsely believe mercury was not an issue. However, Dr. Buttar continued to pursue the mercury connection.

Through the process, he developed a novel system for delivering DMPS through the skin. (DMPS is the premier mercury-chelating agent — it's far more effective at removing mercury than the more well-known chelator EDTA.) Called TD-DMPS (for transdermal), Dr. Buttar believes its effectiveness is related to the continuous low-dose absorption through the skin.

Using TD-DMPS, his son was regaining his speech within eight months. At 42 months he had a 500-word vocabulary. By age five, he had fully recovered and became the youngest person in history to testify before Congress (about autism!). I recently met Dr. Buttar's son and he seems like a normal, intelligent little boy.

And this was no isolated incident. My good friend and neural-therapy mentor, Dietrich Klinghardt, MD has seen some amazing results using TD-DMPS. Dr. Klinghardt introduced the German-manufactured DMPS research into the integrative medical community in the United States some 15 years ago. His protocol for autism is simple. He first removes allergens and toxic foods (i.e., gluten, dairy, processed foods). Then he adds sublingual B12 and folate (to restore methylation), and RNA products by Dr. Yasko (to restore cellular metabolism). He also adds TD-DMPS to dump the mercury. He reports success in 100% of the children he's treated with this protocol.

Dr. Klinghardt told me of German studies years ago tracking radioactively tagged DMPS injected just below the skin. Your skin is rich in nerves, which transport the

HEALTH NOTES

Great News for Chocolate Lovers!

I talk a lot about how strict I am with my diet because it keeps me so healthy. Well, I have to admit, I have a couple of vices. One is dark chocolate. Now it turns out that this vice isn't so bad after all.

You may have read in the mainstream media that chocolate is good for you. Now there's proof that organic dark chocolate is the healthiest chocolate available.

I've mentioned in the past that the endothelial cell function of blood vessels (the inner lining) is the key to vascular health or atherosclerosis. A study performed in Greece on 17 healthy young volunteers found that eating dark chocolate made their blood vessels more flexible.

The volunteers were given 3.5 ounces of dark, bittersweet, or fake chocolate. A specialized ultrasound capable of evaluating the endothelial cells in the upper arm artery was then taken. "During the chocolate session, endothelial function was improved, whereas during the placebo day there were no such changes," the study concluded. "The favorable effects of dark chocolate lasted for three hours at least."

Dark chocolate is rich in flavonoids. These wonderful plant compounds are potent free-radical scavengers. However, the excess weight gain and insulin effects from fat and sugar in chocolate might do more harm than the flavonoids in the chocolate can offset.

Action to take: If you want a treat, stick to high-quality, organic dark chocolate. Keep to small amounts and you won't have to suffer consequences of the small amount of sugar and fat therein. If you splurge, some simultaneous exercise can help you burn them off. That's superior to letting your body do it for you with higher levels of insulin.

Oh, by the way, my other rare dietary vice is high-quality, organic ice cream. It's not healthy, but it's better than any other ice cream.

(Continued on page 4)

HEALTH NOTES ... continued

Carbohydrates Cause Cancer

I've warned you for years that insulin, in excess, is the hormone of aging and death. Now mainstream medicine is finally agreeing with me. People with diabetes have a three to four-fold increased risk of developing cancer. This conclusion was based on a study of 3,288 men diagnosed with different cancer types compared to 509 healthy people.

The real implication of this study is hidden to anyone not reading these pages. Adult diabetes is virtually synonymous with elevated insulin. You don't have to suffer from diabetes to have high insulin. Insulin resistance (metabolic syndrome) is also high insulin. If you have insulin resistance, your body is still able to compensate and keep your blood sugar low. Nevertheless, you still have high insulin.

Study after study show the healthiest diets are the ones that help reduce your insulin needs. Please lower your refined carbohydrate intake. Whole living foods containing carbs, such as fruits or starchy veggies, are fine. Knowing that excess insulin causes cancer should encourage you to cut grains and totally eliminate processed "foods."

Ref: "Diabetes Hikes Risk Of Liver, Pancreatic Cancers," American Association for Cancer Research, October 17, 2004.

Chronic Cough Stopped With Popular Foods

If you're plagued with a chronic cough and phlegm, the solution is probably in your refrigerator.

(Continued on page 5)

To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

DMPS backward into the spinal cord (central nervous system) and into the brain. Your nerves have proven to be a magnificent way to bypass the blood-brain barrier for removing toxic metals buried deep in the brain.

And the best part of this whole story is that the exact same mechanism may work to treat many degenerative diseases of the brain, including Parkinson's and Alzheimer's. All are connected to heavy metals. It's a well-known fact that mercury can cause any known neurological disease.

I told you a few months ago that adults getting the flu vaccine every year for five years had a substantially increased risk of getting Alzheimer's. Now we know why. Alzheimer's, in particular, is intimately related to mercury. A few atoms of mercury have been shown in the lab dish to turn a healthy neuron into a disordered tangle of fibers identical to the pathology of Alzheimer's.

TD-DMPS is a powerful chelator, not only of mercury and lead, but also of nutritional metals like zinc, copper, and molybdenum. If you decide to try TD-DMPS, make sure you're followed professionally and take a balanced mineral supplement to replete the good minerals.

Your integrative doctor can order TD-DMPS from College Pharmacy at 866-828-8203.

You should also avoid vaccinations! Virtually all are laced with metals, preservatives, or other poisons. It's far easier to treat your flu than your dementia, or your child's autism.

If you're interested in treating autism, I highly recommend both the TD-DMPS lotion and also Dr. Yasko's fantastic treatments. I'll tell you more about her incredible RNA products next month.

You Don't Need Vioxx or Celebrex to Treat Arthritis Effectively

I'm sure you were as shocked as I was when the FDA decided to permit Vioxx sales "with warnings." The FDA thought it was better to provide relief for all those "desperate" people in pain than to protect them from the deadly side effects.

To show you how dangerous these drugs are, consider a conversation my editor had with a woman a few

months ago. She had just started taking Celebrex. But instead of helping her arthritis pain, here's what she said, "You know, I feel worse now that I'm taking Celebrex than I ever did before."

I can't tell you how many times I've heard the exact same comment from people taking these drugs. It's no small number. And with over 120,000 heart attacks and strokes and 55,000 documented deaths, these are not drugs you need to take.

Yes, arthritis can make you desperate. What the FDA doesn't realize is that people are desperate to feel better. They're not desperate to take drugs.

Well, if you're one of those desperate people in pain, you don't have to subject yourself to the horrendous side effects of Vioxx and Celebrex. You can feel better and not take any drugs at all.

You know I'm a practitioner and fan of prolotherapy. It's a relatively non-invasive technique that helps restore health to your joints. Admittedly, it's an injection, so it's not totally noninvasive. However, the substances used are naturally occurring (like dextrose — a sugar your body burns for fuel).

The injections are made into the connective tissue surrounding your joints, especially the ligaments. These are the collagen bands that hold your joints together. Loosening of your ligaments due to trauma or inflammation leads to joint problems and pain. As a result, muscles must work harder to protect the joint motion. Even worse, your body's response to diminished collagen in the joint is to shoot calcium into the joint. The calcium is there to protect, by limiting motion. But you want your joint to move, so calcification creates further stress.

By tightening the ligaments (like tightening the hinge on your door), the joint swings without requiring additional muscle contraction to protect it. Less muscle contraction means less pain. It also reduces the need for calcium to limit motion.

I've told you about prolotherapy many times in the past. If you missed those articles, please visit our website (www.secondopinionnewsletter.com), where subscribers can view all back issues for free after logging in.

If you doubt prolotherapy can solve your arthritis problem better than Vioxx or Celebrex, there are some new studies out that further prove prolotherapy's effectiveness.

The first is a study on knee arthritis. The partici-

HEALTH NOTES ... continued

The American Thoracic Society published a study conducted in Singapore on 44,068 men without the problem, and 571 cases of chronic cough with phlegm.

The main finding was that "the incidence of cough with phlegm was reduced with high intake of fruit, but not vegetable or grain products," according to Dr. Butler, one of the authors of the study. He felt that fruit fibers might be more beneficial than fibers from grain and vegetables for this problem. Additionally, flavonoids, which create the colors found in fruit, may have significant health benefits.

Action to take: Diet can significantly impact phlegm in the respiratory system. If you eat dairy, you are probably familiar with all the mucous it generates. You can be sure that if chronic cough with phlegm (whether from smoking or not) is helped, it will probably help your other chronic diseases as well. Eat plenty of fresh, ripe, organic fruit.

Ref: *American Journal of Respiratory and Critical Care Medicine*, August 2004.

Radiation From Full-Body CT Scan Causes Cancer

Last month, I told you about all the Russians who developed cancer after the Chernobyl fallout. Now there's evidence a full-body CT scan can expose you to the same degree of radiation and cancer risk.

A new study, published in the journal *Radiology*, shows that a full-body scan exposes you to doses of radiation comparable to those received by Japanese atomic-bomb survivors. And these folks show clear evidence of an increased cancer risk.

According to David J. Brenner, PhD, Dsc, lead author of the study and professor of radiation oncology and public health at Columbia University in New York City, there is now "definitive evidence that radiation risk is associated with full-body CT scans."

The study found that a 45-year-old person who undergoes one full-body CT screening would have an estimated lifetime cancer mortality risk of approximately 0.08%. That

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HEALTH NOTES ... continued

level of risk would produce cancer in one person out of every 1,200 people. However, a 45-year-old who has annual full-body CT scans for 30 years would accrue an estimated lifetime cancer mortality risk of about 1.9 percent or almost one in 50.

Now consider mammogram radiation, which no one in the industry wants to address. The radiation dose of a CT scan is almost 100 times that of a screening mammogram. However, the radiation from a CT scan is scattered throughout the entire body. The radiation from a mammogram is concentrated on a small portion of the body. That means the small dose of radiation from a mammogram would have definite increased risk for cancer. And especially if it's done yearly!

Radiation causes cancer! It doesn't matter how it hits you, whether from a bomb, a nuclear meltdown, a medical exam, or as a treatment for cancer. I've warned about the risks of radiation for many years. Of course, that's why you subscribe to **Second Opinion** — to get the medical information you need years before anyone else.

If you're exposed to radiation in any way, including X-ray, I strongly recommend you use the only supplement that helped the Russians after their massive exposure. It's the absolutely miraculous probiotic extract I told you about last month called Delta Immune, distributed by NutriCology. If you are faced with a need for therapeutic radiation (i.e. cancer), intravenous hydro-

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www.secondopinionnewsletter.com

Don't forget to sign up for my free e-mail alerts to receive my latest health tips and news right in your e-mail inbox.

User Name: undo

Password: stress

pants had suffered with pain on average for eight years. The structural damage of the participants' knees was very evident, with 35 of 111 knees having no cartilage in one or more major locations. The cartilage that remained in the knees was very thin and worn.

Doctors gave each participant only three injections of dextrose solution over six months. The results were stunning! The participants' pain was reduced by 35%, their swelling went down by 45%, and they saw a 67% improvement in knee buckling. They also experienced an average 13% improvement in their range of motion. The placebo treatments did not achieve any of these improvements!

Another study looked at injuries to the anterior cruciate ligament, a serious internal knee joint injury. It's an injury that leaves the knee very unstable. Wobbly is an even better word. And it can cause severe arthritis if not corrected.

In the study, researchers injected 16 knees bimonthly with a 10-25% dextrose solution for one year. After that, the researchers gave injections four times a year for two more years. To determine how well the solution worked, researchers tested the looseness of the knee with a machine that measures ACL laxity. It's a very objective measurement.

At the three-year follow-up, the researchers found 10 of the 16 knees were no longer loose. And those knees that did still have some looseness experienced a significant improvement in their arthritis symptoms.

A third study looked at how well prolotherapy worked on groin sprains in athletes. In the study, 24 elite athletes (22 rugby and two soccer players) had chronic pain from sprained leg or abdomen attachments to the groin. They were unable to fully play their sport. All of them had received "usual" treatments for more than 15 months without response.

The researchers gave the athletes monthly injections of dextrose solution. The average number of injections for each participant was 2.8 treatments. The athletes were followed for a year. The researchers found that 20 of the 24 athletes had no pain after more than a year. And 22 of the 24 no longer had any restriction on their sports play. That means the pain in 22 of the athletes improved enough to allow full participation in their sport.

These are remarkable findings! I've been a prolotherapist since 1989 and these studies confirm everything I've seen in my practice with people of all ages.

It boggles my mind that prolotherapy is relatively unknown outside of alternative medical circles. It's far more effective than NSAID drugs. And it's cheaper and safer, too. Of course, no treatment is totally without risk. However, this one is close. My colleagues and I report virtually no infections (which is always a concern with large numbers of injections). Out of tens of thousands of sessions, the worst side effect we've seen is only a very rare temporary post-treatment neuralgia (nerve pain). The treatment itself is a little uncomfortable. But we've never seen any heart attacks, strokes, or deaths!

Knee arthritis is a very common scourge of aging and injury. If you suffer from arthritis in any of your joints, don't turn to drugs. Try prolotherapy first. It's been repeatedly proven to restore joint and connective tissue health.

For more information on prolotherapy, visit the website www.getprolo.com. Or pick up one of these books: *Prolo Your Pain Away* by Ross Hauser or *Pain, Pain Go Away* by William Faber and Morton Walker. My prolotherapy mentors wrote both books.

Remember, there's hope even if there's no visible cartilage in your knees on X-ray. You stand an excellent chance of pain reduction and functional improvement.

In those cases where prolotherapy doesn't completely resolve the pain, there are some outstanding nutritional treatments you can use to help solve these problems. I'll have more about these in a future issue.

Ref: Reeves, K.D., K. Hassanein. "Randomized prospective double-blind placebo-controlled study of dextrose prolotherapy for knee osteoarthritis with or without ACL laxity." *Alt Ther Hlth Med*, 2000;6(2):37-46; Reeves, K.D., K. Hassanein. "Long-term effects of dextrose prolotherapy for anterior cruciate ligament laxity: A prospective and consecutive patient study." *Alt Ther Hlth Med*, May-June 2003, 9(3): p58-62; Topol, G.A., K.D. Reeves, and K. Hassanein. "Efficacy of Dextrose Prolotherapy in Elite Male Kicking-Sport Athletes With Chronic Groin Pain." *The Archives of Physical Medicine and Rehabilitation*, accepted, pending publication.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine – 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine – 800-532-3688 or www.acam.org

HEALTH NOTES ... continued

gen peroxide and/or hyperbaric oxygen can greatly enhance the effectiveness, while reducing the toxicity.

Ref: "Full-Body CT Screening Increases Risk of Cancer Death," Radiological Society of North America, August 31, 2004; *Radiology*, September 2004.

Come Cruise Tahiti With Me

Second Opinion is sponsoring a cruise to French Polynesia this fall and I'd love to have you be one of the select group of subscribers who join us.

We're sailing on the *Paul Gauguin*, the top-rated small cruise ship in the world, from October 22-29. For seven glorious days and nights we'll enjoy some of the most beautiful scenery on earth. Plus gourmet meals, luxurious accommodations, and even a talk or two by yours truly.

See the enclosed flyer for complete details. Or call Seabreeze Travel at 1-800-233-2103. But don't delay. The cabins we've reserved will go quickly and I don't want you to be disappointed.

Correction: In the February issue, I called the AMAS test a test for cancer "antigen." It is actually a test for antibodies to a cancer protein. However, my concern about the clinical value of the test remains. There was also a typo in the March issue. The dosage for vitamin B12 is 1,000 mcg. Not the stated 100 mg. My apologies for the confusion.

Coming Next Month...

- Crohn's disease is catching! But if you suffer from this inflammatory bowel disease, you can treat it. I'll tell you how next month.
- Obesity and insulin resistance cause heart disease. But you can protect yourself without drugs, supplements, or a strict raw-foods diet. Find out how.

LETTERS

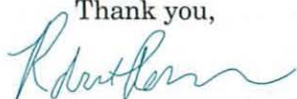
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: Last year, I was told I have the start of a cataract. I heard there's something you can take that will "cure" cataracts. Have you heard of this and, if so, does it work? — Harry B., Portland, ME

A: Watch out for the word "cure" here. Our goal is to reverse the cataract and delay eye surgery. I'm continuing to get positive feedback from many (but not all) users of a DMSO eye drop formulation (6% DMSO and 1% each of vitamins A and C, glutathione, and carnosine). You will need to find a friendly physician to prescribe this and a compounding pharmacist to make it up. Some of you are having trouble finding a pharmacist that will mix this cocktail. I suggest you call Medaus Pharmacy at 800-526-9183 or College Pharmacy at 800-888-9358. I recommend taking one drop in each eye twice daily. It does sting a little. If the cataract progresses, don't shy away from surgery. It's one of the few effective surgeries I recommend when other measures fail.

Q: I'm trying to lower my cholesterol naturally using policosanol. And I'm also on Synthroid for my thyroid. I'd also like to take guggul for my cholesterol, but I've read several articles that advised against taking guggul with a thyroid medication. Is this true? Will you please explain your position on this? — Ethel A., Cape Coral, FL

A: It's true that guggul can affect your thyroid gland. Even Harvard Medical School's consumer information states: "In theory, guggul may alter the activity of the thyroid gland.... (emphasis added)" But this isn't necessarily a bad thing.

Guggul is reported to enhance the activity of thyroid function. However, in practice, I haven't seen it happen. And neither have any of my colleagues. The theoretical effect is to enhance your own body's production of thyroid, which I would consider a plus. That would reduce your need for thyroid replacement hormone.

If you take guggul, pay attention to your pulse rate and basal body temperature. If either elevates after starting guggul, it could indicate that the herb stimulated your own thyroid to make more hormone and then you would need less Synthroid.

Incidentally, I'm not a fan of Synthroid. The FDA actually slapped it around a few years ago for poor standardization, as I reported in these pages.

Furthermore, as you age, you have less ability to convert the hormone T4 (the content of Synthroid) into the active form T3. I have treated hundreds of people over the years with thyroid replacement and 9 out of 10 do better with desiccated whole thyroid, such as Armour or Westhroid (which contains both T4 and T3 hormones).

Q: My father just celebrated his 101st birthday and is in remarkably good shape (as good as most people 30 years younger). He exercises regularly and takes all the supplements you recommend. His biggest problem is that he is steadily losing his eyesight due to macular degeneration. He hangs on every word you say, but is immensely frustrated by his eyes. He's now using the MicroStim device. Do you have any other recommendations he can use? — John M., Williamsburg, VA

A: MicroStim has helped scores of people. It works, in part, by electrically stimulating the cells of the retina to eliminate toxins, thereby improving their energy production. Please contact my own ophthalmologist and friend Dr. Ed Kondrot at 602-347-7950 for more information on his MicroStim techniques.

The bottom line in macular degeneration, as in any degenerative condition, is the amount of energy the affected cells can produce. In many cases, certain antioxidants can build your cells' ability to produce energy.

For your retina, key nutrients are selenium, zinc, bilberry, vitamin A, taurine, B-complex, lutein, and others. There are many fine products on the market with many of these ingredients, including Healthy Resolve's Advanced Vision Formula (800-728-2288).

In the case of my own father (now 86), the addition of such a product, plus oxidation therapy (ozone therapy, photooxidation, hyperbaric oxygen therapy — all to increase the oxygen supply to his cells) and chelation therapy (to remove toxic metals), spared him from significant visual deterioration for well over a decade.



Dr. Robert Jay Rowen's

SECOND OPINION

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HEALTH NOTES

Suffering From Erectile Dysfunction? Watch for Heart Disease

If you have erectile dysfunction, you may be at more risk of heart disease than you know. My friend Jonathan Wright, MD told me years ago to ask male patients about their sex lives. Poor function, it seems, is a harbinger of future vascular events. Now conventional medicine is catching up.

Researchers studied a large population of men over 54 years of age. They were evaluated for erectile dysfunction and the researchers compared it to the participants' development of vascular disease.

Normal men who developed erectile dysfunction during their time in the study had a 25% increased risk of vascular disease. For men who either started out with erectile dysfunction, or developed it during the five-year follow up, the increased risk of vascular disease was a whopping 45%. The researchers said the association was equivalent to smoking or having a family history of heart attack.

It's normal to lose virility as we age. I don't have the same prowess as when I was 18, nor would I expect to. But I definitely want all my body parts working until I'm ready to depart the earth.

Erectile dysfunction is a major problem. I know just from being a doctor. But considering the 40 or so ads that manage to break through my e-mail spam filter each day for Viagra and other erectile-dysfunction drugs, and all the TV commercials for those same drugs, it appears the problem must be pandemic.

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Major Breakthrough in Age-Related Hearing Loss

Age-related hearing loss (presbycusis) is a huge problem. It almost certainly will affect you whether you develop it yourself, or must adapt to a loved one's hearing loss. It tends to occur in families, but noise and trauma are also factors. It affects 25% of those between the ages of 65 and 75. And it affects 70-80% of those over 75.

Until now, there was little hope for treatment. Hearing aids are a wonderful band-aid approach, but they don't solve the problem.

But a just-published study suggests there's hope for at least partial reversal.

A pilot study took 23 patients with presbycusis and treated them with, of all things, two free-radical scavengers. One, you're already very familiar with — vitamin C. The other one was even new to me, since it's a pharmaceutical. It's called rebamipide. The doses were 600 mg and 300 mg per day respectively.

The study resulted in significant improvement in the lower frequencies, 125, 250, 500, and 800 Hz. That's well in the range of voice. However, there weren't changes noted at higher frequencies of 1,000, 2,000, and 4,000 Hz. That's where the finer musical sounds lie.

The most important thing to hear is the voice of your friends and family. So I'm ecstatic about this report. Yes, it does involve a patented chemical. But I've always said there is a place for pharmaceuticals when used judiciously and there's no known natural alternative. Rebamipide might fit those parameters.

Because I had never heard of rebamipide, I did some checking into it. Remarkably, it has a similar chemical

Miracles of Medicine... *continued*

I'm convinced that in many men, erectile dysfunction is a harbinger for vascular events. It could be an early sign that your vessels are diseased. Perhaps your level of testosterone is too low. Testosterone is definitely heart protecting and restoring. Perhaps it's a subtle warning of metabolic syndrome (glucose intolerance/diabetes).

Whatever the mechanism, if you have erectile dysfunction, I suggest that you go to your integrative physician to have your vascular risk factors checked. Your erectile dysfunction may be your body's early warning system. It's one thing to have erectile dysfunction. It's another to have heart dysfunction. Erectile dysfunction is bad enough. Stop it there.

Ref: *Journal of the American Medical Association*, December 21, 2005.

Old Heart Drug Beats the New Ones Hands Down

Calcium channel blockers and beta-blockers are two of the most popular classes of heart drugs on the market. But if you suffer from atrial fibrillation, there's a drug that's been around for decades that's far better than either of these new types of drugs.

Atrial fibrillation is a condition in which your heart pumps up to 300 impulses per minute. Obviously, your heart can't tolerate this even for a few seconds. Your

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structure to a class of natural antioxidant compounds called quinolones. These are well known to physicians who have studied oxidative medicine and free-radical chemistry. Additionally, this substance is used in conventional medicine to protect gastric cells from the free radicals generated by the *H. pylori* infection, which causes ulcers. There also are studies on its use for age-related dry-eye syndromes. It definitely has its place in medicine.

It's highly likely that combining rebamipide with naturally occurring free-radical scavengers (commonly mislabeled antioxidants) could help your presbycusis. However, since there's no profit to be made, it's unlikely that we'll ever see the needed research done to discover which ones will work best. However, this report is real and I wouldn't hesitate to try this combination.

Unfortunately, rebamipide is not marketed in the United States. However, your integrative physician can write you a prescription. It's available as the trade name Mucosta (Otsuka Korea Pharmaceutical Co., Ltd.) and Rebamide (Kyung Dong Pharmaceutical Co., Ltd.). You can find sources online. If you have presbycusis, I think it would be well worth it to seek out rebamipide and pop a few of your health food store vitamin C tablets along with it. (Or consider intravenous vitamin C, which might work even better.) The hearing you restore might be your own.

Resveratrol — The Super Nutrient That Fights More Than Cancer

Through the years, I've told you some incredible stories of how resveratrol can reverse cancer. And I've received letters from many subscribers who have experienced the same results. But the power of resveratrol doesn't stop with cancer. We're now finding out that this incredible red-grape extract is actually a super nutrient that everyone needs to be taking.

In an interesting study from Denmark, researchers confirmed resveratrol's power in treating cancer. But they also inadvertently showed the extract works wonders for osteoporosis.

The researchers focused on multiple myeloma. It's a cancer of the bone marrow. The cancer stimulates bone destruction by activating osteoclasts (bone-dissolving

cells) and inhibiting osteoblasts (bone-forming cells). A challenge in myeloma is protecting the bone, as well as targeting the cancer. The Danish team chose to investigate resveratrol's action on both myeloma and bone cells. In previous studies, resveratrol was found to have significant anti-cancer activity.

The authors of the study found that it increased apoptosis (programmed cell death) of the tumor cells. It does this at the DNA level! But what drew my attention was their findings on bone cells. They discovered that resveratrol can stimulate bone marrow stem cells to become osteoblasts rather than osteoclasts. So resveratrol actually enables bones to rebuild!

Resveratrol "further stimulates stem cell response to vitamin D compounds. It does this by getting their DNA to make more vitamin D receptors." I've repeatedly told you about the link between vitamin D and cancer. And here's another example of how effective it is.

The researcher's conclusions took into account only resveratrol's action against cancer, saying, "Taken together, these results suggest that resveratrol or its derivatives deserve attention as potential drugs for treating multiple myeloma."

You don't need to wait for them to make a drug. I've used resveratrol for years in cancer, including myeloma. Some of my patients have seen long-term remission using just oral supplements. I almost always combine resveratrol with a source of vitamin D.

I've repeatedly told you about the major link between vitamin D deficiency and cancer. And vitamin D is an accepted treatment for osteoporosis. Part of the amazing anti-cancer action of resveratrol may simply be through increasing vitamin D receptors. Thus the benefit in osteoporosis as well.

But the incredible news about resveratrol doesn't stop there. In addition to treating cancer and osteoporosis, resveratrol may also dissolve Alzheimer's plaques.

A new study shows that resveratrol has the ability to reduce the level of beta amyloid in your brain. If you remember, beta amyloid is the plaque material found in the brains of Alzheimer's patients. But the research shows that not only does resveratrol reduce both the secreted and intracellular (inside the cell) goo, but it can actually promote its degradation.

This is big news! Alzheimer's plaque buildup is a medical tragedy with no known mainstream treatment.

HEALTH NOTES

heart has built-in mechanisms to filter out about half of those impulses. However, that still leaves you with a heart rate of 120 or even higher. Your heart would soon wear out. This is one condition where drug therapy to slow your heart is a life-saver.

In medical school, I was taught to use digitalis (digoxin), a very inexpensive drug derived from the foxglove plant. It slows electrical impulses through your heart's conduction system. With it, less of those rapid impulses get through. It made great sense to use it — and still does.

However, digoxin fell out of favor when its patent ran out. Big Pharma can't make much money on a drug that's in the public domain. So the drug companies pushed other classes of drugs on doctors, who then push them on you. Among them are calcium channel blockers and beta-blockers. The latter are quite effective at lowering heart rate. However, they also lower the work performance of your heart. So you might get fatigued much easier. They also can have disastrous effects on a man's sexual performance.

I still use the inexpensive digitalis extracts with excellent results. And I often butt heads with cardiologists who push the new drugs.

Now, a new study shows that digitalis is the way to treat atrial fibrillation. Brian Olshansky, MD analyzed data from a landmark atrial fibrillation study. The study followed 2,027 patients for rate-control effectiveness. He reported that digoxin was as effective in controlling heart rate during exercise as beta-blockers.

Olshansky said, "We've all been taught that digoxin has little effect on atrial fibrillation, but that rate control did occur." I was told the very same thing in medical school over 30 years ago. So I wonder who or what has been telling today's professional cardiologists that it doesn't work. Could it be, perhaps, drug company reps?

Not only does digitalis help atrial fib-

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HEALTH NOTES ... continued

rillation as effectively as the newer drugs, it has almost no side effects if used properly, and it's much, much cheaper. If you have atrial fibrillation, take this information to your **doctor**. He should screen you for good kidney function first. And you need to make sure you get plenty of potassium in your diet from plant sources. I always check both of these. And in my 30+ years of practice, I've never seen a problem in anyone who has properly taken digoxin continuously for many years. It's one of the few heart drugs I commonly recommend.

Ref: *Family Practice News*, September 15, 2005.

Reduce Cataract Risk by 246%

I've sure appreciated the notes from many of you who have found the DMSO drops helpful in reversing cataracts. While most of the cases I've seen don't completely resolve the problem, they oftentimes do away with the need for surgery. Any time you can avoid surgery, is a success in my book. And it also highlights the need for prevention.

I want to help you prevent cataracts, rather than treat them. By the time you need the DMSO drops, you're on the wrong edge of the curve. While the supplements I've told you about in these pages can help keep cataracts away, there's now evidence that the amount of carbs you eat matters as well.

The ongoing Nurses' Health Study in Boston has found that those women in the highest third of carb intake had a 246% higher risk of cataracts than those in the lowest third. Need I say more about the

(Continued on page 5)

To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, PO. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

While this study was in vitro (in the lab dish, not in living patients), I'm excited. Resveratrol has no known downside. It's inexpensive. In short, it's a super nutrient!

I'm excited by both of these reports. I've used resveratrol for years to treat cancer. Now I plan to use it in my osteoporosis protocol and on anyone with memory problems. If you try it for any of these health challenges, please write me and let me know your experience.

Action to take: I strongly suggest you add resveratrol to your supplement regimen. Resveratrol is found in grapes and red wine. I believe a glass a day of organic red wine has wonderful health benefits. But if you're a teetotaler like me, red grapes or supplemental resveratrol *might* be one of your best friends. There are many products on the market. But make sure you take one made with quality extracts. Two good brands are Life Extension's Resveratrol Caps (800-544-4440) and Healthy Resolve's Advanced Resveratrol Formula (800-728-2288). I've used the Healthy Resolve product for years.

Ref: Marambaud P, H. Zhao, and P. Davies. "Resveratrol promotes clearance of Alzheimer's disease amyloid-beta peptides," *J Biol Chem.*, 2005; 280(45): 37377-82.

Why Your Doctor Is Going Out of Business

I used to think Big Pharma was this country's biggest threat to your health. I no longer believe that. Yes, pharmaceutical drugs kill and maim tens of thousands of people every year. But there's a new threat to your health that's far more dangerous *and insidious*.

This threat doesn't attack individual patients the way drugs and diseases do. Instead, it attacks doctors. You read that right! This menace now has the livelihoods of America's physicians in its grasp.

And it's not just alternative doctors that are threatened. Every doctor in this country is at risk — conventional and alternative alike. Many will end up in jail. Others will lose their license, their practice, and their reputation. Still others will end up bankrupt *and in ruins*.

Obviously, this threat isn't a disease, though some might argue differently. It's a relatively new set of laws that has put your doctor in the crosshairs. Let me explain:

Thirteen years ago, Bill and Hillary Clinton tried to create one universal health system — under the govern-

ment. It was essentially cookbook medicine, written and controlled at every level by government.

Very quickly, the public awakened. The American people realized that with the Clinton program, government would dictate what diseases and the treatments you were allowed to have. So the Clinton's program bit the dust — hard.

But the Clinton's weren't about to let it die. Key provisions of the original plan were encoded into a new law. In 1996, Congress passed the Health Insurance Portability and Accountability Act (HIPAA). On the surface, this law seems like a great idea. It made it far easier to change from one insurance carrier to another. Pre-existing conditions couldn't prevent the transfer.

But hidden in the bill were a mountain of new health care laws. Under these laws, your doctor commits a Federal crime if he violates or conspires to violate any of the nine criminal statutes or commits any of the four crimes the act establishes. That sounds appropriate enough, until you realize what it takes to break these laws.

All your doctor (or any health practitioner for that matter, including chiropractors) has to do is make a clerical error. You know, all the numbers that come on your bill. If even one of those numbers is wrong, it is now cause for an audit from the U.S. government.

But that's just the beginning. The bill also funded an army of new law-enforcement agents, who were commissioned to investigate this new class of "health care" criminals. So when your doctor's office makes a clerical error, agents will walk into your doctor's office and look at as many billing files as they want. Usually, the agents will focus on a small percentage of the files, looking for more clerical errors. From these mistakes, they estimate how much a doctor has overbilled for his entire practice.

It gets worse. Once the agents find out how much a doctor has "overbilled," they can then assess a penalty as great as three times the amount of the mistakes. And if the agents are really after him, he can be indicted for fraud, embezzlement, false statements, and obstruction. All over clerical errors.

Under these draconian laws, anyone who defrauds any health benefit program faces imprisonment up to 10 years and a fine up to \$250,000. If there is injury to the patient, the doctor can be imprisoned for 20 years. There is a provision making it a Federal crime to make false statements in connection with health care delivery. There

HEALTH NOTES ... continued

junk-food loaded and empty-calorie, standard American diet? If you're a fan of clear vision, here's another good reason to eliminate processed foods.

Ref: *AJCN*, June 2005.

Is Your Heart Stressed? Here's How to Find Out

An inexpensive blood test could significantly add to your doctor's ability to evaluate you for both current and future heart disease. The test is called a BNP test and it can greatly increase your ability to avoid a heart attack.

When your heart is under stress, your heart releases a small protein called B-natriuretic peptide (BNP) into your blood. BNP is typically used for acute diagnosis of heart disease, especially congestive heart failure. For example, if you have shortness of breath, your doctor needs to determine if the cause is your heart or lungs. And BNP can help him determine that. If the peptide is elevated, it points to your heart as the source or having significant involvement. But if the peptide level is normal, he will likely look for lung problems, such as pneumonia.

Since the peptide is made by a stressed heart, it only makes sense that it might be used for prediction of future disease. A recent study, in fact, analyzed its ability to predict heart disease and the results were very positive. The researchers measured the protein levels in 1,034 patients and followed their health for nine years. People with the highest protein levels were two-and-a-half times more likely to die from any cause than those with the lowest. That is a huge, huge risk!

If your heart releases BNP under stress, then high levels certainly suggest that you're in trouble. But conversely, if you take the right action, the action I recommend in these pages, BNP should fall.

I use this test routinely now in screening and in follow up. If therapy is right for you, your heart should respond by reducing

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HEALTH NOTES ... continued

its BNP production. The test costs less than \$50. Even if insurance companies don't honor its value yet, I think a \$50 screening test is small potatoes for the value it brings. A positive test might save your life, especially when **you heed** the warning and take action to correct your heart's stress.

Ref: *New England Journal of Medicine*, February 17, 2005; Associated Press, February 17, 2005.

A Wild Treatment for Macular Degeneration

Many *Second Opinion* subscribers suffer from macular degeneration. This is one disease that is far easier to prevent than treat. New information suggests that you can reduce your risk of early onset of this condition by up to 40% just by eating omega-3 rich fish! The findings suggest that just one serving per week accomplishes this. If you eat three servings per week, you will benefit from a reduction in the risk of late onset.

Action to take: My only concern about fish is the source. Many fish are now contaminated with mercury and agricultural chemicals. The only exception is wild Alaska salmon. Avoid farmed fish and largemouth bass.

As a vegetarian, I get my omega-3s from nuts, ground flaxseeds, and green

(Continued on page 7)

New login information effective February 24

User Name: beat
Password: disease

www.secondopinionnewsletter.com

- Simple, clean design. New content now easy-to-find
- Now search every issue of the newsletter PLUS every Health Alert
- Search term highlighted in yellow on screen to make it simple to see

is a penalty for "incorrect coding or medically unnecessary" services. Conviction of such an offense can lead to more charges. After all, if your doctor is co-mingling funds earned from Medicare into the regular practice account, that could be called money laundering.

For doctors and other health care practitioners, this is a no-win situation. That's because they must follow 132,720 pages of federal health care rules and regulations, with 111,000 covering Medicare. Physicians get lost in the fog of these regulations.

Now assume that your doctor is a genius and can read 100 pages of the 132,720 pages of regulations each day. Assume that he can retain all the information. It will take him 3.6 years to read them all. He could be a criminal long before he got to the end.

Doctors often have to choose between reading all the regulations and treating patients. There's just no way to do both. Most of the time, physicians have no idea whether or not Medicare will pay for services until after the fact. They'll have to hire new staff to protect the practice from the investigators. And guess who ends up paying for all this in the end? These laws will end up adding as much as 40% to your total "health" bill. If they bill for it and it's not covered, they've committed a felony!

Under HIPAA, I can assure you that in the course of one day, your doctor will have committed several infractions. These could include rendering care that some regulator won't approve of. Or perhaps he honestly billed you for his total therapeutic time when federal guidelines prescribe that he should have booted you out 10 minutes before your needs were met. He could even be a criminal for giving you vitamin C for your cold.

Now consider this example. You ask your doctor for a stool test for blood as a screen for colon cancer, but have no symptoms. It's positive. It's caught in time and your life is saved. However, your doctor billed Medicare for a preventive service, which to Medicare is fraud. The absence of intent to cheat Medicare doesn't matter. Your doctor gets fined up to \$10,000 (or jailed) for ordering the test even when he had no personal profit from the lab test.

The laws are so confusing even Medicare bureaucrats struggle to define the meaning of "medically improper or necessary health care services." The ultimate decision rests with people hundreds or thousands of miles away from your encounter with your doctor.

According to the Cato Institute, one physician did

not think a service would be covered and told his patient the same. But program administrators told him the service would be covered. He was soon paid, but officials LATER changed their minds. He was required to reimburse Medicare. He complained and soon found federal investigators in his office auditing his entire practice.

This creates an impossible "twilight zone" for conscientious providers according to Florida dermatologist Dr. Philip Catalano. Just look at this idiocy:

Dr. Catalano said, "HCFA (Health Care Financing Administration) has decided that only a limited number of actinic keratosis (pre-cancerous skin lesions) can be frozen within a given period of time. You may have severe sun damage and have the upper limit removed (now 15 on a single day). You come back in a few months with another lesion and Medicare can reject payment as exceeding the imposed limits." And if doctors exceed those limits, they can be fined or arrested.

What's worse, Medicare forbids you to privately contract with your doctor to remove the lesions even if paid for by you. Your doctor would have to get out of the Medicare program for at least two years to accept a penny in direct payment from you.

I hope this makes you as angry as it does me. If we do nothing, you may not even be able to find a doctor to sew up your wound. He'll want an attorney behind him, and you'll pay for both!

There's only one solution to this. The HIPAA laws passed in 1996 must be reversed. And you can't rely on your providers to do it for you. Your elected officials see physician efforts as self-serving. If you want to save your doctor, or other provider, from totalitarian medicine, YOU must take action. Contact your representatives immediately and ask them to look into this and reverse these laws.

Ref: *Cato journal*, vol. 22 no. 1.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association —
For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine —
866-464-5226 or www.icimed.com
- American College for Advancement in Medicine —
888-439-6891 or www.acam.org

HEALTH NOTES ... continued

leafy vegetables. You can also get it from a good fish-oil supplement. Just make sure it's completely free from contamination (the label should say it's contaminate-free).

Ref: Flood, V.M., B. Chua, et al. "Dietary fatty acids and the five year incidence of age-related maculopathy," 2005; 14 Suppl:S82.

Healthy Snack Foods

Most of us like snack foods. Unfortunately all processed snacks are unhealthy. Any that are fried, refined, and sugary will have unwanted effects on your cholesterol metabolism. But there are some that are downright healthy.

Many nuts and seeds contain large amounts of plant compounds called phytosterols. These can reduce cholesterol and improve the health of your arteries.

A study analyzed the content of the 27 nuts and seeds most commonly consumed in the U.S. Sesame seeds and wheat germ were the richest source of phytosterols (400-413 mg/100gm product). Brazil nuts and walnuts ranked the lowest in the study. The very commonly consumed snacks pistachios and sunflower kernels were quite rich (270-289mg/100gm).

You can snack and enjoy health benefits at the same time. Whole nuts and seeds, preferably organic, raw, and soaked overnight, beat chips by light years. However, keep fat calories to 10% or less of total calories a day.

Ref: Phillips, K.M., D.M. Ruggio, and M. Ashraf-Khorassani. "Phytosterol composition of nuts and seeds commonly consumed in the United States," *J Agric Food Chem.*, 2005; 53(24): 9436-45.

Coming Next Month...

- If heart disease, Parkinson's, or any other disease runs in your family, I'll show you how to beat it.
- Cholesterol isn't the best predictor of heart disease. This test is far more accurate.

LETTERS

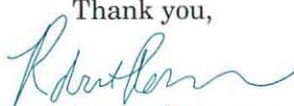
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I received your info about essential phospholipids (EPL) and found it very interesting. You also mention EDTA chelation in your article. My question is, which would be the better one to take for removing the plaque? — Jeffrey G., via e-mail

A: This is a good question, but the answer is more complicated than you know. The answer could be either, both, or neither. EDTA removes heavy metals, such as lead. It really doesn't do much to get rid of plaque specifically. However, sometimes plaque can be the result of too much lead. So the EDTA will help eliminate further development of plaque.

EPL, on the other hand, activates your HDL cholesterol. The HDL then removes cholesterol from your arteries for reprocessing and elimination by your liver.

If your problem is heavy metal related, EDTA is the treatment of choice. Since most people over 50 have trouble with heavy metals, I think EDTA is a must for just

about everyone. If your bad cholesterol (LDL) levels are high, or if you have a known problem with plaque, then EPL is the likely choice. Some people will need to take both because they have heavy metals in their system and have plaque.

There's also another problem you need to consider. That's homocysteine. It's very possible your plaque problem is caused by excessive levels of this amino acid. If that's the case, then neither EDTA or EPL would be the first treatment of choice. But more likely, the supplements I've suggested to lower that nasty compound (B6, B12, folic acid). The best treatment always corresponds to your specific needs.

Q: About 14 months ago, my sister's back tooth was sore, so she went to see the dentist. He pulled it out because it was also loose. It continued to be sore at the gum and they found she had giant cell tumors that have developed into bone spurs. They already took out the cell tumors and grinded down two bone spurs and are having to do it again. Before and after the dentist pulled out the infected tooth, he did not give her any antibiotics. How can she get rid of this infection? — R.G., Los Angeles, CA

A: If the tooth was loose, it had to be diseased even before it was pulled. Infection was likely. And antibiotics may not work if the infection is deep seated.

Pulling the tooth could leave necrotic tissue behind that can fester and cause major problems locally and throughout the body. When teeth are pulled, the remaining soft tissue in the socket (called the periodontal ligament) needs to be completely scraped out. Many times, this isn't done.

The laser I told you about last month in the Miracles of Medicine

section may be a solution. I've seen it clear two dental infections in two patients! I'll have more on this incredible invention in the near future.

Q: My ophthalmologist was a bit surprised when he found that my remaining cataract had improved since the surgery a year ago. I started feeding it things like lutein, taurine, and alpha lipoic acid. He says I'm the healthiest 80-year-old diabetic he's seen. Thanks to chromium, but I didn't tell him that. — W.T.D., Falls Church, VA

A: Thanks for this tidbit. The alpha lipoic acid is one of my favorites. It helps regenerate glutathione, the all-important free-radical and heavy metal remover from your lens. The other supplements are terrific for your eyes as well, but more specific for the retina.

Q: I've been told I have blepharitis of the eyelids, which makes them appear swollen. I was told to wash them with warm water three times a day with baby shampoo, which has artificial colors in it. I don't intend to do this. Do you know of any treatment for this condition? — A.F., Philadelphia, PA

A: I'm glad to hear you're not going to use the baby shampoo. Yes, it's gentle on your eyes, but it just has too many chemicals in it. The first treatment I recommend is heat compresses. Heat will stimulate healing circulation. I've also treated blepharitis successfully with vitamin A and C eye drops, and a homeopathic formulation called Notakehl or Pleo Not. And another treatment you might consider is silver hydrosol (Argentyn 23 or Sovereign Silver), which also can be quite useful. You can find these in some health food stores and on the Internet.